

Spring Forward

For Women on the Way Up

Programme Dates:

Workshop 1:

29—30 September

Workshop 2:

23—24 November 2009.

Penrith, Cumbria.

Participants must attend all four days.

What is Spring Forward?

Spring Forward is an innovative and creative development programme. It offers participants an opportunity to take a fresh look at their career and personal development plans and set new actions, find coaching and mentoring support to match their aspirations, and understand how gender, culture and managerial status affect communication and motivation.

Who is Spring Forward for?

Women who have aspirations to get to a higher management or professional level, those who have recently been promoted, and would benefit from extra support and confidence to make their appointment a success, or those who wish to work further on their personal development, but without specific aspirations to go higher within the organisation.

It is recommended that if you have attended Springboard, that you spend at least two years consolidating your successes before participating in Spring Forward.

“Spring Forward is fantastic - a challenging and inspirational programme.”

spring forward

What's Involved?

An two-day interactive and creative workshop followed by a second two-day workshop up to three months later.

- ⇒ Stimulating project work
- ⇒ Guest speakers to challenge and inspire
- ⇒ Coaching support
- ⇒ The Spring Forward pack of inspirational resource materials.



Dr Sue Hewitt

Cumbria Constabulary

How to apply:

Contact: Helen Ivory,
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Call licensed Spring Forward trainer Dr Sue Hewitt on 016977 47821 for more details.