



Springboard Women's Development Course

Springboard is a fantastic award-winning programme exclusively for women

It is suitable for any woman who wants to:

- take more control of her life
- increase her self-confidence and assertiveness skills
- make change happen and take the initiative
- improve work-life balance
- stop feeling guilty
- set some goals
- advance her career
- decide what to do next
- improve her image and style and create a powerful impression in and out of the work-place



The Walnut Yard, Derbyshire

It consists of four, one-day workshops held over a period of three months, a fantastic workbook and guest speakers – successful women who come and share their stories with the group.

One of the greatest benefits is the support from other women in the group. It is always great fun – full of laughter, stories and usually plenty of chocolate!!

It is the kind of course EVERY woman should participate in – at least once in her life. Kim has run this course for hundreds of women over several years and the impact is amazing. Women's confidence and self-esteem increases, they learn how to have "me time" and can say no without feeling guilty!

If you would like to join us on what really is a life-changing experience, the dates of the next course are:

- **Workshop One** 26th May
- **Workshop Two** 24th June
- **Workshop Three** 08th July
- **Workshop Four** 19th July

Cost for all 4 days is only £250 + VAT (This includes a workbook worth £30 and a lovely lunch and all day refreshments)

Why not invest in yourself now and make 2010 a year to remember!

The course will be held in our converted barns in the beautiful Derbyshire countryside.

You may have women in your organisation who you feel could benefit from this course or you may want to attend yourself or recommend it to friends or family.

To book your place or find out more, please contact us on **01530 223485** or email **info@barefootcoaching.co.uk** to reserve your place!