

# spring forward

**an innovative career development programme with a management focus  
for people on the way up**

**in Glasgow**

**Part 1 on Thursday 7th & Friday 8th September and  
Part 2 on Thursday 9th & Friday 10th November 2017**

## What is it?

Spring Forward enables participants to:

- develop their personal effectiveness
- take an in-depth look at what they are doing and become more focussed about where they are going
- clarify their aspirations
- improve their management performance by gaining insight into how gender, culture, age and managerial issues influence communication at work
- implement a healthy stress management strategy
- revitalise their work/life balance
- set stretching, yet realistic, new goals
- make an impact in the way they present themselves and their ideas
- boost their self-motivation and positive attitude.

## Who is it for?

For people who are either:

- considering a move into a management or leadership role, or...
- eager to progress further in their management or leadership role.

## What does it consist of?

Spring Forward is a grounded three month programme, consisting of four tried, tested and profoundly effective elements:

- a two-day workshop followed, three months later, by a second two-day workshop
- an individually-tailored, two to three month project
- coaching support
- a comprehensive pack of exclusive course materials
- relaxation/visualisation audio downloads

## What does it cover?

- putting your positive attributes to work
- harnessing your 'drivers' for increased success
- developing and improving your leadership
- presenting yourself positively as a leader

- gaining coaching and mentoring that supports your aspirations
- understanding how your brain ticks - for increased effectiveness
- how people communicate and the impact of different styles
- creating your vision for your future
- getting to grips with your perceived barriers to success
- relaxation and stress management
- setting imaginative yet realistic goals
- hearing other people's perspectives on your issues. (In evaluations, this is the aspect most highly valued by participants.)
- making an impact in the way you present your ideas.

## What results can I expect?

Participants have said that Spring Forward was "the best preparation" for their new role and that they "managed the transition much more smoothly and effectively" as a result of attending. In addition it boosted their aspirations, skills, drive and confidence, and widened their perspective on taking on a leadership role.

Participants who were already in management or a senior professional role, say that Spring Forward was a real eye-opener to them, enabling them to understand their role, to build on their existing experience, to stand back from their day-to-day tasks and to optimistically plan a dynamic and fulfilling future.

## When can I start?

This Spring Forward Programme is being held at GCC Social Work Training Centre, 117 Brook Street, Glasgow G40 3AP, Part 1 on Thursday 7th & Friday 8th September and Part 2 on Thursday 9th & Friday 10th November. Each day runs from 9.30 am until 4.30 pm.

## How much does it cost?

The Programme fee is **£528.00** per participant (£440.00 plus VAT @ 20% £88). This includes participation in all four days, light refreshments on those days and a copy of the Spring Forward pack.

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## The Spring Forward Development Programme - BOOK YOUR PLACE NOW

To book a place on and/or for more information about this four-day Spring Forward programme being held in Glasgow at GCC Social Work Training Centre, 117 Brook Street, Glasgow G40 3AP, Part 1 on Thursday 7th & Friday 8th September and Part 2 on Thursday 9th & Friday 10th November 2017, send your details as below to:

Gillian Neish, Neish Training P.O. Box 26999, Glasgow G1 9DH Email: [info@neishtraining.com](mailto:info@neishtraining.com)

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_  
**Organisation:** \_\_\_\_\_ **Job Title:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Postcode:** \_\_\_\_\_ **Daytime Tel No:** \_\_\_\_\_  
**Email Address:** \_\_\_\_\_

Once your place is confirmed, an invoice will be emailed to you for payment via BACS or Paypal

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**Book by 31st July for 10% early bird discount**