

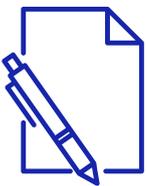
for people in the
early stages of
their careers



What does Boost deliver?

Boost is a personal and work development programme for men and women who are relatively new to the working world, and in the early stages of their careers.

The programme was launched in 2016 in response to employers requests for staff to get to grips with their career goals and make the most of their potential, becoming a contributory employee much faster.



Contact us today for more information:

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boost

for people in the early stages of their careers

For individuals



1 For individuals

Whether you are in full time or part time jobs, in apprenticeships or traineeships and any age, Boost prepares you to be career 'savvy'.

It instils a positive sense of direction, boosts confidence and teaches essential skills that will enable you to progress rapidly and achieve your goals.

2 For employers

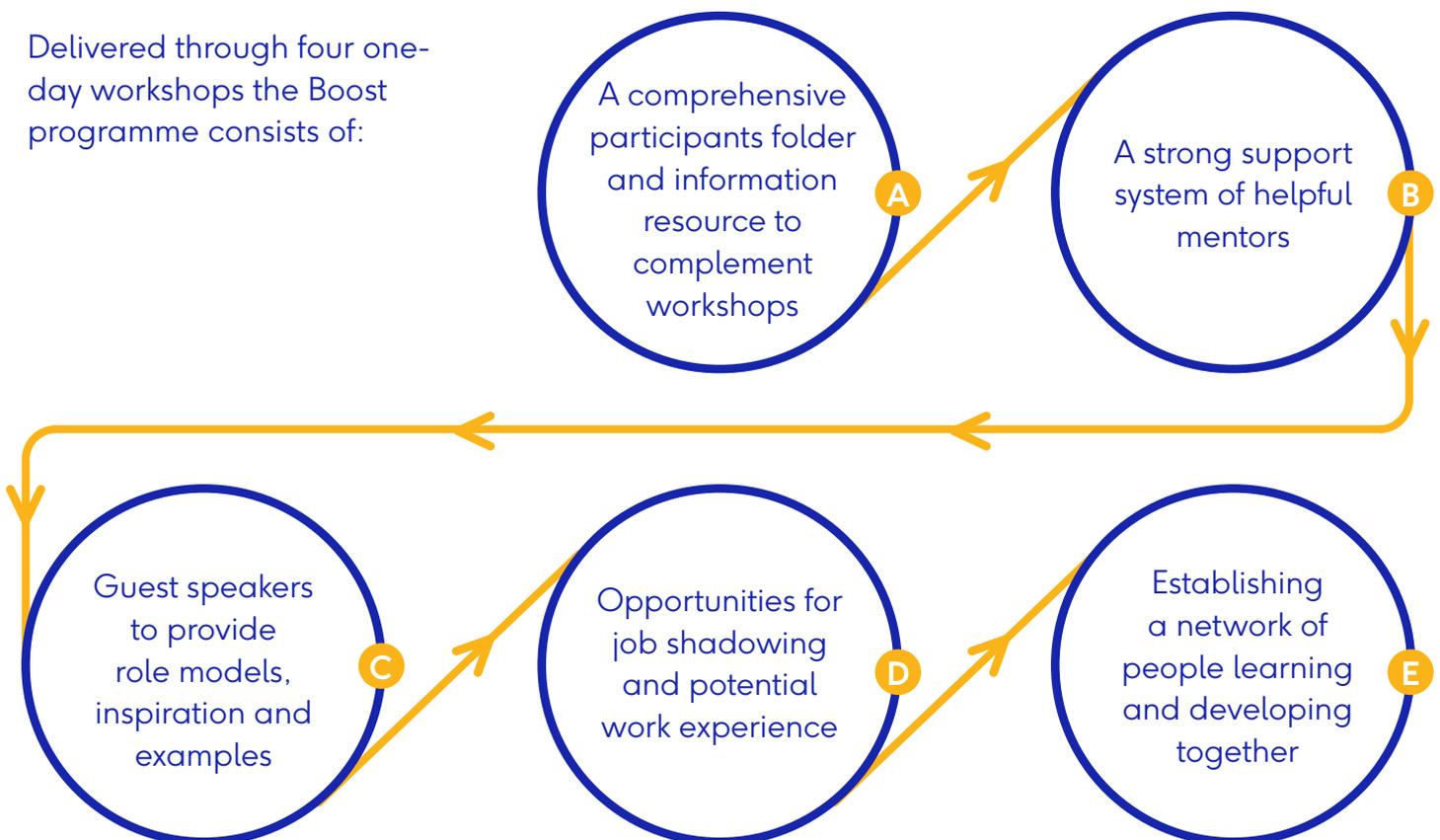
For employers, Boost enables staff to get to grips with their career goals and make the most of their potential.

It provides clear, practical and realistic goals, boosts personal effectiveness, aids communications skills, assertiveness and personal effectiveness.

In short, it is about developing new staff, apprentices and trainees to fulfill their fullest potential.

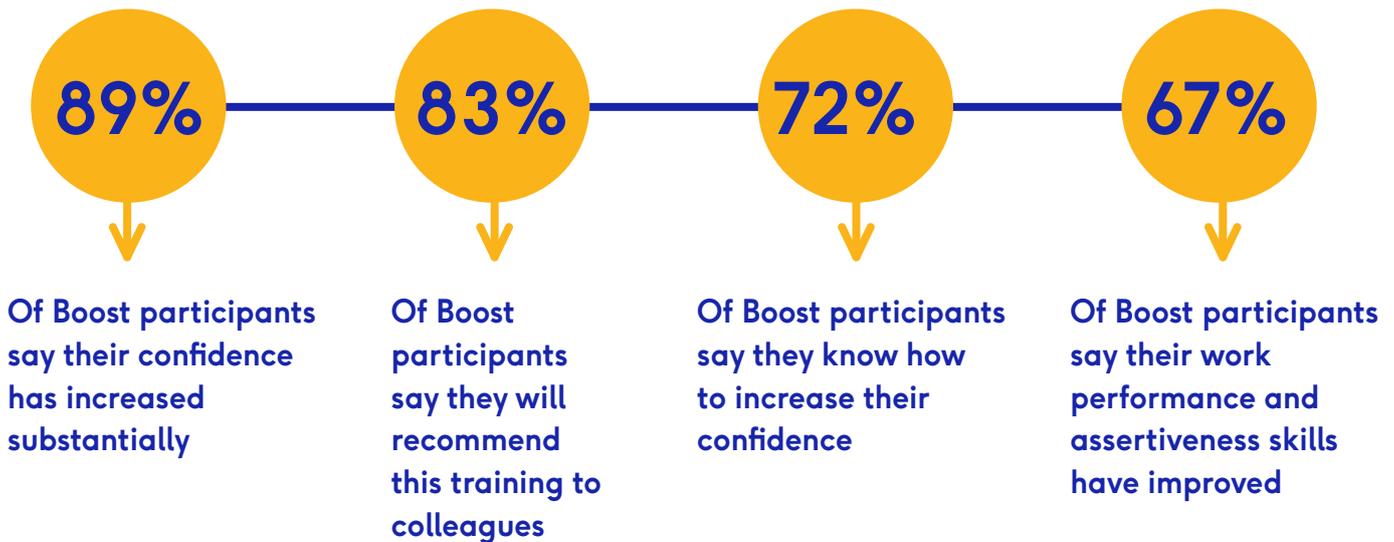
3 The innovative programme structure

Delivered through four one-day workshops the Boost programme consists of:



4 Outcomes that make a difference

Enthusiastic evaluations of the Boost programme provide some fantastic data. **Here is a flavour of the results:**



5 Our clients



"Fantastic opportunity to develop myself, both at work and home. The supportive nature of the group enabled me to advance in my field."

Ben Matthewson, Registration Assessor, Operations North East

"Helpful and inspiring, well presented with appropriate course information given at the correct time."

David Kewn, NCSCA

Why the Springboard Consultancy?

The Springboard Consultancy is a world-leading international training and development consultancy.

We are passionate about delivering authentic, proven and diverse programmes to inspire and empower everyone to fulfill their potential.

Our heritage is built on the successful and powerful Springboard Women's Development programmes, and we have evolved to offer a full range of development programmes, accessible to all, irrespective of age, gender or circumstance.

These are suitable for individuals, private companies, universities, public and third sector employers who wish to empower and develop their employees.

We operate globally, and our unique network of 450 licensed trainers means we have a passionate and caring team based in over 44 countries, delivering world-class courses, with proven results.

Established in 1989 we have trained over 250,000 people across our suite of programmes, giving them the help and guidance to improve their lives and careers.



Everything we do is rooted in ensuring we deliver first-class training that inspires and empowers everyone, whatever their circumstances and wherever they are based.

**The Springboard Consultancy
Inspiring, Empowering, Delivering.**

Established in

1989



boost

Other programme opportunities:

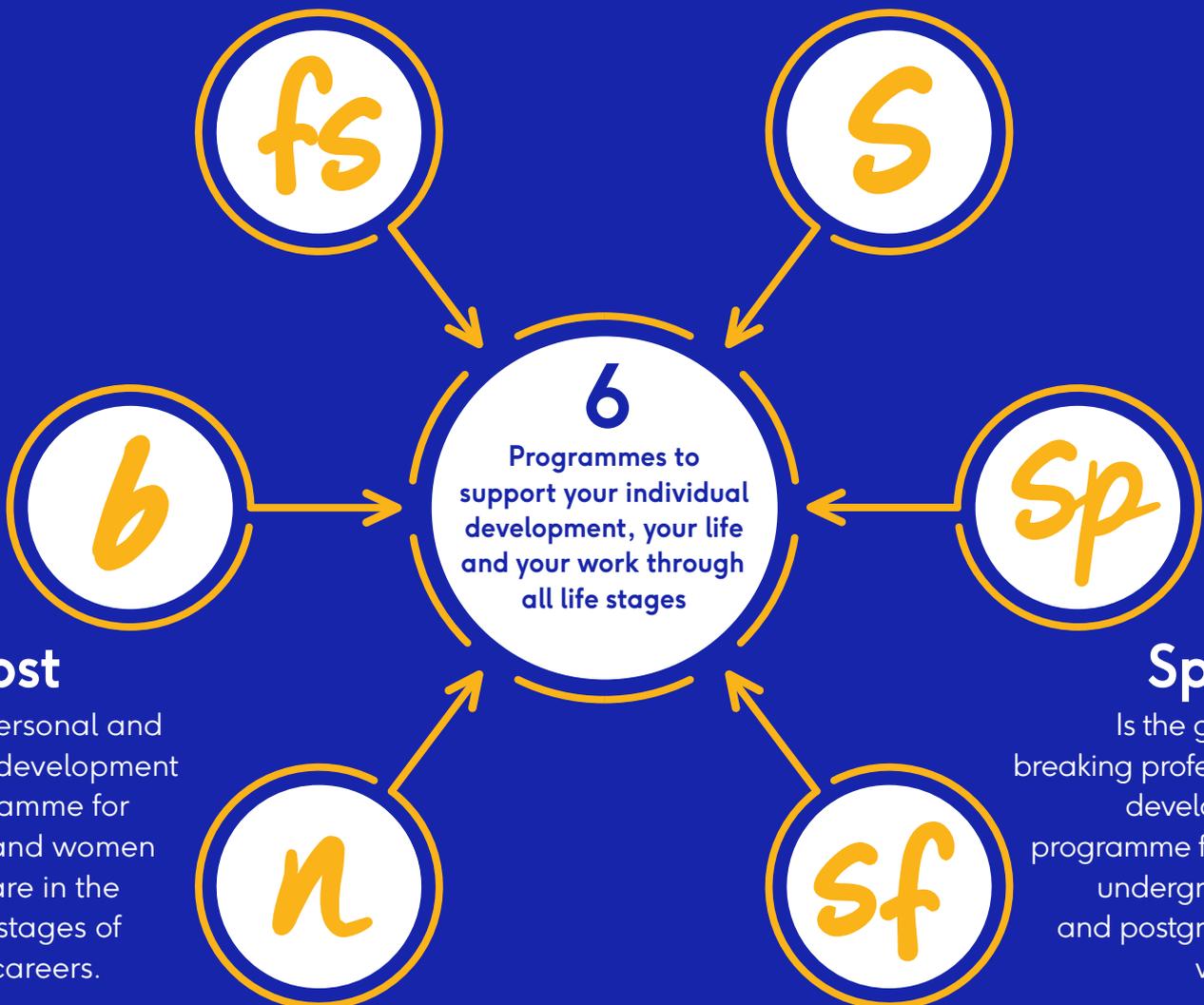
for people in the early stages of their careers

Fresh Steps

Is an innovative personal and work development programme for anyone who wants to reassess where they are in their personal and work lives. For a new age and a new stage in your life.

Springboard

Is our award-winning course that enables women to give and also get more out of their lives and careers, building confidence, assertiveness and a positive image.



Boost

Is a personal and work development programme for men and women who are in the early stages of their careers.

Sprint

Is the ground-breaking professional development programme for both undergraduate and postgraduate women.

Navigator

Is the first UK development programme for men to review their home and work lives to identify practical and realistic steps to fulfill their potential.

Spring Forward

Is for those who are new to management and on the way up the career ladder. It helps clarify career aspirations, sets stretching, yet realistic goals, improves motivation and provides focus.



**Boost is delivered exclusively by
us, and through our dedicated
network of worldwide trainers.**



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Patricia is an inspirational personal development facilitator and coach with over 25 years experience. She is licensed to deliver Boost and all other Springboard Consultancy programmes: Springboard, Spring Forward, Fresh Steps and Sprint