



# What does Springboard deliver?

The Springboard Women's Development Programme enables women to both give and receive more out of their lives and careers. We have been delivering Springboard Programmes for 27 years in more than 44 countries across the globe, the programme results speak for themselves. Staff and employers alike affirm to the programme's success. Individuals speak of a new sense of purpose, an open approach to change and a more positive attitude. Employers report being delighted with the changes to their staff, which show a more focused and positive outlook, offering solutions rather than problems and increased motivation. It has helped with periods of change and made a vast contribution to Diversity objectives.



**230,000**  
Springboard trained  
women across the  
globe since 1989



**1,200**  
Springboard  
trainers licensed  
to date



Contact us today for more information:

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# springboard

work and personal  
development for women

For  
individuals



## 1 For individuals

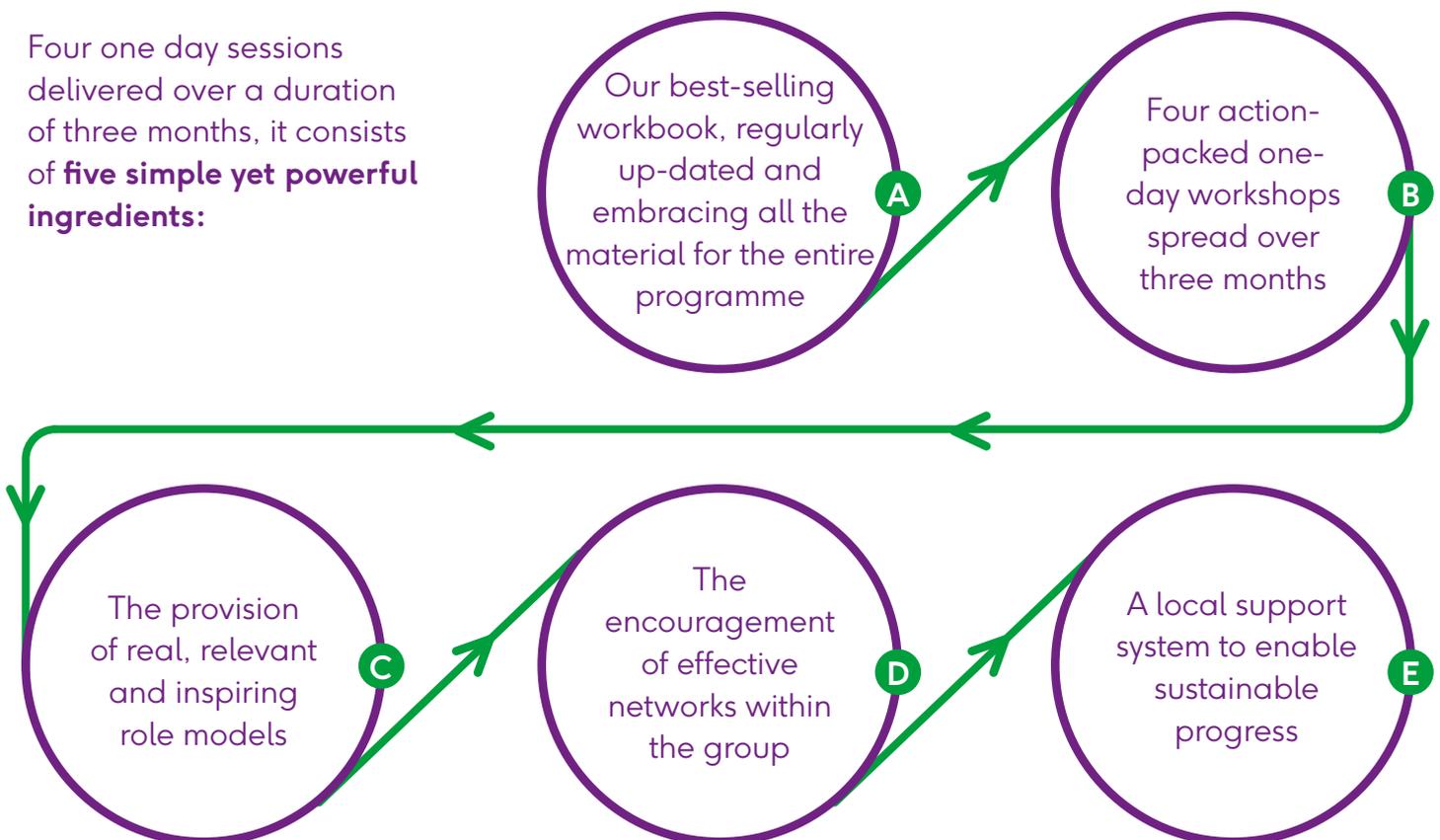
The Springboard Women's Development programme is designed for women from all backgrounds, ages and stages of their lives. It allows women to enhance their own skills and abilities, challenge power and equality, while building confidence, assertiveness and a positive image. Whether you want to further develop your career, improve your life skills or set practical, yet stretching goals, this course will provide the tools to inspire and empower you to change your life.

## 2 For employers

The programme can be used by employers as part of a solution to address issues of diversity and inclusion in the workplace. It also develops talent for the future helping employers to build pipelines of diverse talent and address issues of the Gender Pay Gap.

## 3 The innovative programme structure

Four one day sessions delivered over a duration of three months, it consists of **five simple yet powerful ingredients**:



## 4 Outcomes that make a difference

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

84%

Of Springboard women say they are 'more open to change' since attending the Springboard Women's Development Programme

83%

Of Springboard women say they have 'a more positive attitude'

80%

Of Springboard women say they have 'increased confidence/self-esteem'

79%

Of Springboard women say they are 'better at managing change' and have 'taken on more responsibility'

## 5 Our clients

*"Springboard is tried and tested in the police context, has an impact on women in the police and delivers results. It is a key component in achieving the Gender Agenda. I have no hesitation in recommending it throughout the police service."*

Julie Spence,  
Former Chief Constable,  
Cambridgeshire  
Constabulary, UK

*"The Springboard programme empowers an individual to change themselves. It motivates women to do something about the problems they face by changing themselves and how they relate. Made me believe that the power is within the Middle East and not in others."*

Suzan Zawari,  
Lecturer, Saudi Arabia

*"Inspiring and confidence building, I've learnt to believe in myself for the first time in my life."*

Jan James,  
Data Entry, Gwent Police, UK

# 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 fully researched 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**



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development for women

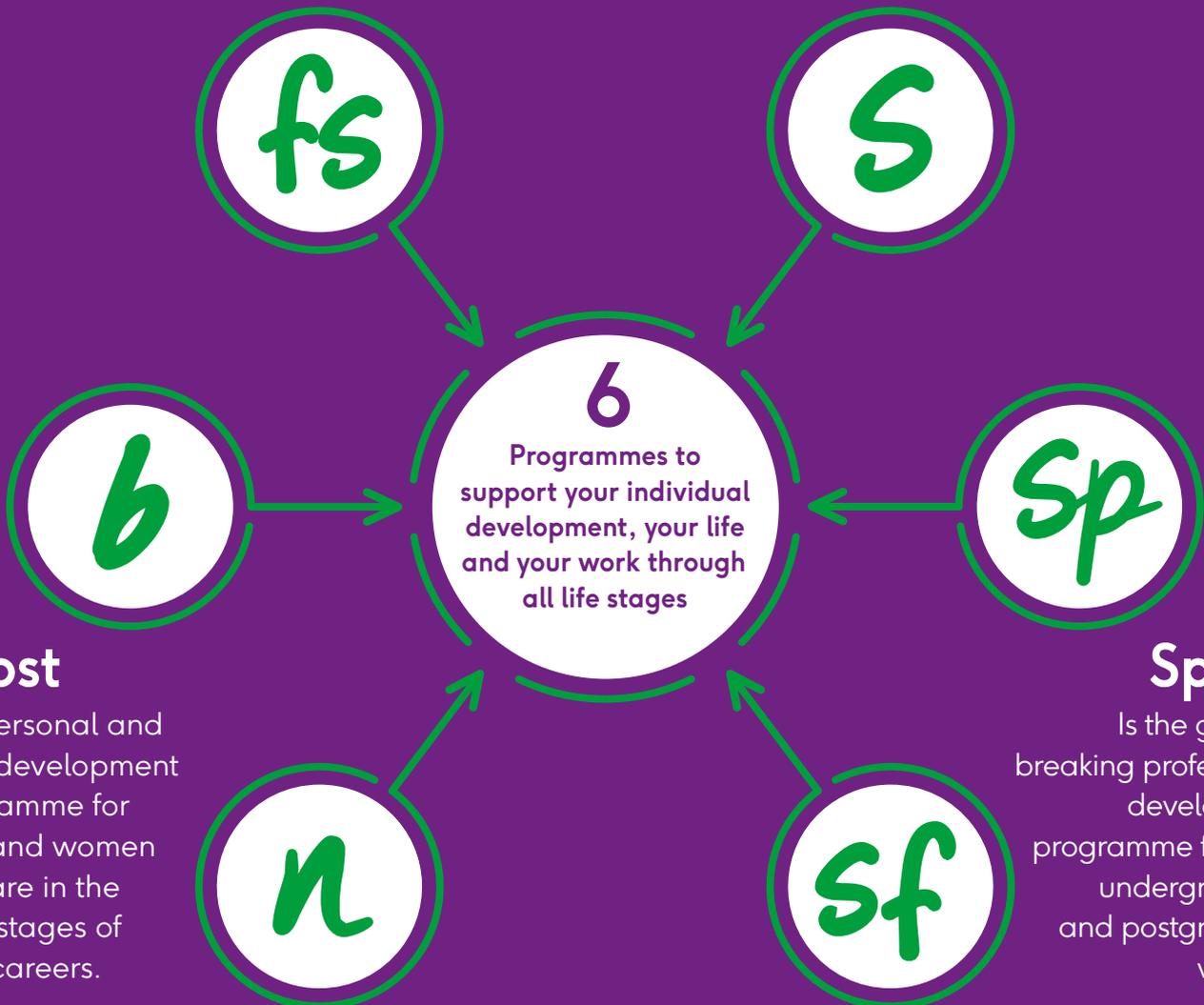
## Other programme opportunities:

### 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.

the  
springboard  
consultancy

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Springboard 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 Springboard and all other Springboard Consultancy programmes: Spring Forward, Boost, Fresh Steps and Sprint