



What does Sprint deliver?

Sprint is the ground-breaking new professional development programme for undergraduate women with a special version available to address the issues for post graduate students and researchers. It addresses the study and career issues faced by women at university and was developed in collaboration with the University of Cambridge, and more recently with the University of Oxford.

For all participants, the results stem from the objectives they set, and tend to fall under three headings:

Study: Achieve results such as improved visibility, concentration and effectiveness in tutorials, better time management for revision and essay writing, less study stress, and improved confidence.

Career: Sharpen career goals, raise aspirations and take advantage of work shadowing and coaching opportunities that are often offered by corporate sponsors.

Personal: Work through difficult relationships, improve fitness and gain a better and healthier work/life balance.

More than
4,000 Sprint
trained women
across the
globe since
2013

40
Sprint trainers
licensed to date

Contact us today for more information:

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sprint

women's development
for undergraduates and
postgraduates

For
individuals



For
employers



Outcomes
that make a
difference



The innovative
programme
structure



Our clients



1 For individuals

Sprint is for undergraduate women of all ages, from all backgrounds, and stages in their professional lives and study. Regardless of subject, department or career aspirations, Sprint will help women achieve their goals.

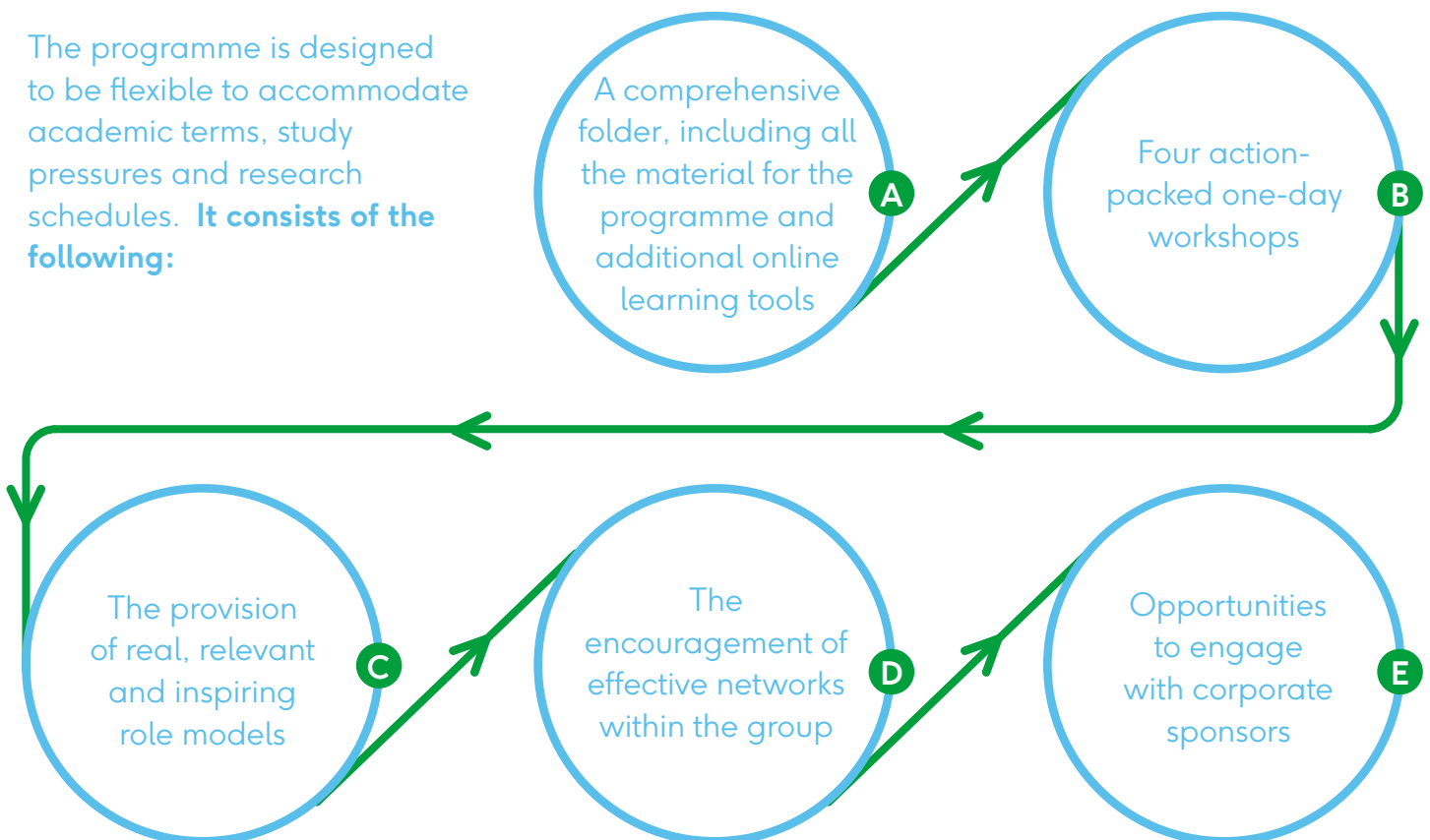
The postgraduate programme gives women an opportunity to meet and work with range of postgraduates and take a holistic view of their personal development. Inspired by speakers and panelists working in a diversity of different fields gives them space to plan their next steps for their future.

2 For employers

Sprint adds value to the overall experience for undergraduates and post graduates, improves employability, and helps to ensure that each woman has the best possible chance to develop their full potential.

3 The innovative programme structure

The programme is designed to be flexible to accommodate academic terms, study pressures and research schedules. **It consists of the following:**



4 Outcomes that make a difference

90%

Of Sprint participants say that meeting and working with different women was extremely useful

75%

Of Sprint participants say they are now better at setting realistic goals and action points

70%

Of Sprint participants say the programme improved their effectiveness in studying

70%

Of Sprint participants say they are managing their time better and therefore working more productively

5 Our clients

"I am so glad I participated as it was different to any of my previous development skill sessions. Very interactive, practical and social. I feel it has really impacted my confidence and I can certainly attribute a lot of my job application success to Sprint!"

Haruka Kobayashi,
University of Cambridge, Natural Sciences

"I've learned that I should never take a second position when I can take the first. Men are trained to step up and women to step down. I want to step up."

Masters, Oxford University

"Sprint has been an eye opener that I am not alone when faced with certain issues and by supporting one another we can learn a lot. I'm inspired and confident knowing that with hard work and perseverance anything can be achieved. It also has made me think about investing in myself and the impact it will have on everyone around me which will allow me to feel happier and more content."

Asha Mailapali, Undergraduate,
Kingston University

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 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



Other programme opportunities:

sprint

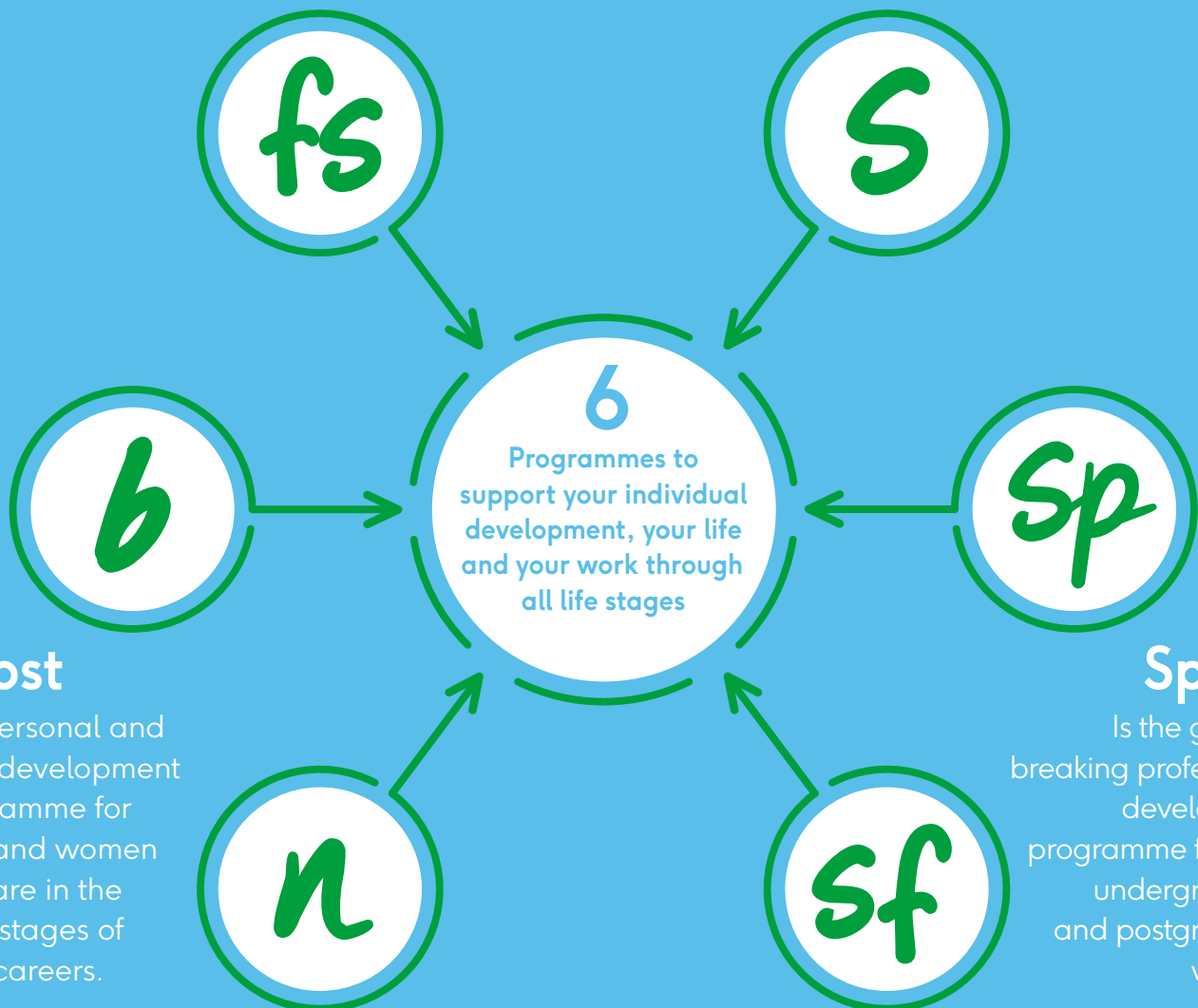
women's development for undergraduates and postgraduates

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

sprint

women's development
for undergraduates and
postgraduates

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