



# Springboard Women's Development Program

 HRDevelopmentTeam

## Programme Overview

By the end of the programme participants will have

- increased confidence
- improved self-esteem
- be more proactive
- take responsibility for their own self development
- communicate effectively
- be more assertive
- define clear goals
- be re-motivated and re-energised

The programme is composed of 4 one day workshops and you must attend all four days; 8 Feb, 29 Feb, 21 March and 18 April 2024. All 9.30am - 4.30pm on campus.

## Results after Course



**A small number of places now available for Spring  
2024**

# You can book via [ITrent Self Service](#)



Increased Confidence



Taking responsibility for my own development





## **DAY ONE - Being the authentic you**

This workshop gets you starting to think about who you are, what differences gender makes and what that means for you and others. The workshop encourages the formation small group work and networking which gives inspiration and positivity. You will get your Springboard Workbook which is yours to work through as part of the programme.

## **DAY TWO - Taking control**

This workshop explores the change process and taking control. It also explores core values and beliefs and how these are key in effective goal setting and decision making. Using group work and your reflections in your workbook, you will take stock of where you are now and where you want to be, building self-awareness. The day ends with powerful and practical approaches to goal setting.

## **DAY THREE - Assertiveness**

This workshop explores the importance of building self-esteem by valuing individual achievements, understanding the spectrum of behaviour and focus on the practical key ingredients for effective assertive communication. You will gain insight into communication and behaviours which help or hinder your goals.

## DAY FOUR - The future

This final workshop focuses on how the learning can be implemented for the future, effective communications, presenting yourself positively and developing your personal brand. You will review progress, share achievements and gain practical ideas and support to take the next steps whatever your goals might be.

The programme asks you to consider your work-life and your life outside of work holistically. You need to be ready to have a good hard look at yourself and your life to get the best from this programme, and attend all four workshops.

For further information contact Helen Jones, (hjones1@uclan.ac.uk) who is our licensed Springboard trainer.

Springboard runs in several Universities, see one person's experience below;

<https://springboardconsultancy.com/2023/05/15/springboard-personal-development-a-participant-perspective/>

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### Springboard Personal Development: A participant perspective

springboardconsultancy.com

Get a participant perspective into our Springboard Women's Personal Development Programme, from Cheryl - University of Portsmouth

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