







## 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/>

### 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