

WOMEN'S DEVELOPMENT PROGRAMME

What is Springboard?

Springboard is an award-winning personal development programme for women who want to take control over their lives, become more assertive, increase their confidence and build themselves a more positive attitude in both their work and home lives. The programme gives women the time to reflect, share, and most importantly, set achievable goals for now and the future.

Who is Springboard for?

Designed for women from all backgrounds, ages and stages of life.

What results can you expect?

The results are different for everyone, as women come to the workshops with their own set of objectives. Some want to develop their career, improve their life skills and make changes in their working lives.

Other women focus on results in their personal life, such as sorting out difficult relationships, improving health, dealing with stress and gaining better work/life balance.

What we do know is having completed the programme:

83% of women have increased confidence and self esteem

84% are more open to change

83% have a positive attitude

79% take on more responsibility

About the trainer

Tracy Muir has been a licensed Springboard trainer since 2003 and has run numerous programmes in the public sector. She is a qualified Business Psychologist and has worked in the area of personal development for over 25 years. She has highly developed coaching and facilitation skills and the ability to create an environment where people feel able to have honest dialogue and support each other for positive results.

The Programme:

The format is tried and tested, is grounded in reality and has an impeccable track record in an extraordinarily wide range of situations.

Delivered over four months, it consists of five simple ingredients:

- A superb, especially researched and written workbook, embracing all the material for the entire programme;
- Four action-packed one-day workshops spread over three months;
- The provision of real, relevant and inspiring role models;
- The encouragement of effective networks within the group;
- Peer coaching to enable long term, sustainable progress.

The programme overview:

By the end of the programme participants will have:

- Increased confidence
- Improved self esteem
- Be more proactive
- Take responsibility for their own development
- Communicate more effectively
- Be more assertive
- Define clear goals
- Be re-motivated and re-energised

Why women only?

Springboard is not an anti-men programme. It is recognized that men and women approach personal development issues in different ways, so two separate programmes exist – Springboard for women and Navigator for men. Both address the person as a whole and help each individual find constructive responses to how they want to develop their lives.

Dates and location for the Programme

Gemini House
Bartholomew's Walk,
Cambridgeshire Business Park,
Angel Drove,
Ely,
Cambridgeshire
CB7 4EA

1. Wednesday 5th Feb 2025
2. Thursday 6th March 2025
3. Wednesday 9th April 2025
4. Wednesday 7th May 2025

Attendance at all four workshops is essential for completion of the programme. Please ensure you have agreed attendance and funding with your line manager before applying.

Click [here](#) to apply or scan the QR code.

