



# What does Spring Forward deliver?

Spring Forward is a career development programme for people who are approaching or are newly appointed to a management role, or as a next step for those who have previously participated in the Springboard Women's Development Programme or the Navigator work and personal development course for men.

They can join the Spring Forward Programme to benefit from career development with a management focus. It enables participants to improve their management performance by gaining insight into how gender, culture and managerial issues influence communication at work. It enables participants to:

- brush away the cobwebs and take an in-depth look at what they are doing and where they are going
- clarify their aspirations
- become more focussed
- improve their management performance by gaining insight into how gender, culture and managerial issues influence communication at work
- implement a healthy stress management strategy, boost their self-motivation and create a positive attitude

More than  
**5,000** Spring  
Forward trained  
participants across  
the globe since  
2001

More than  
**100** Spring  
Forward trainers  
licensed to  
date

**Contact us today for more information:**

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# spring forward

for people on  
the way up

For  
individuals



For  
employers



Our clients



Outcomes  
that make a  
difference



The innovative  
programme  
structure

## 1 For individuals

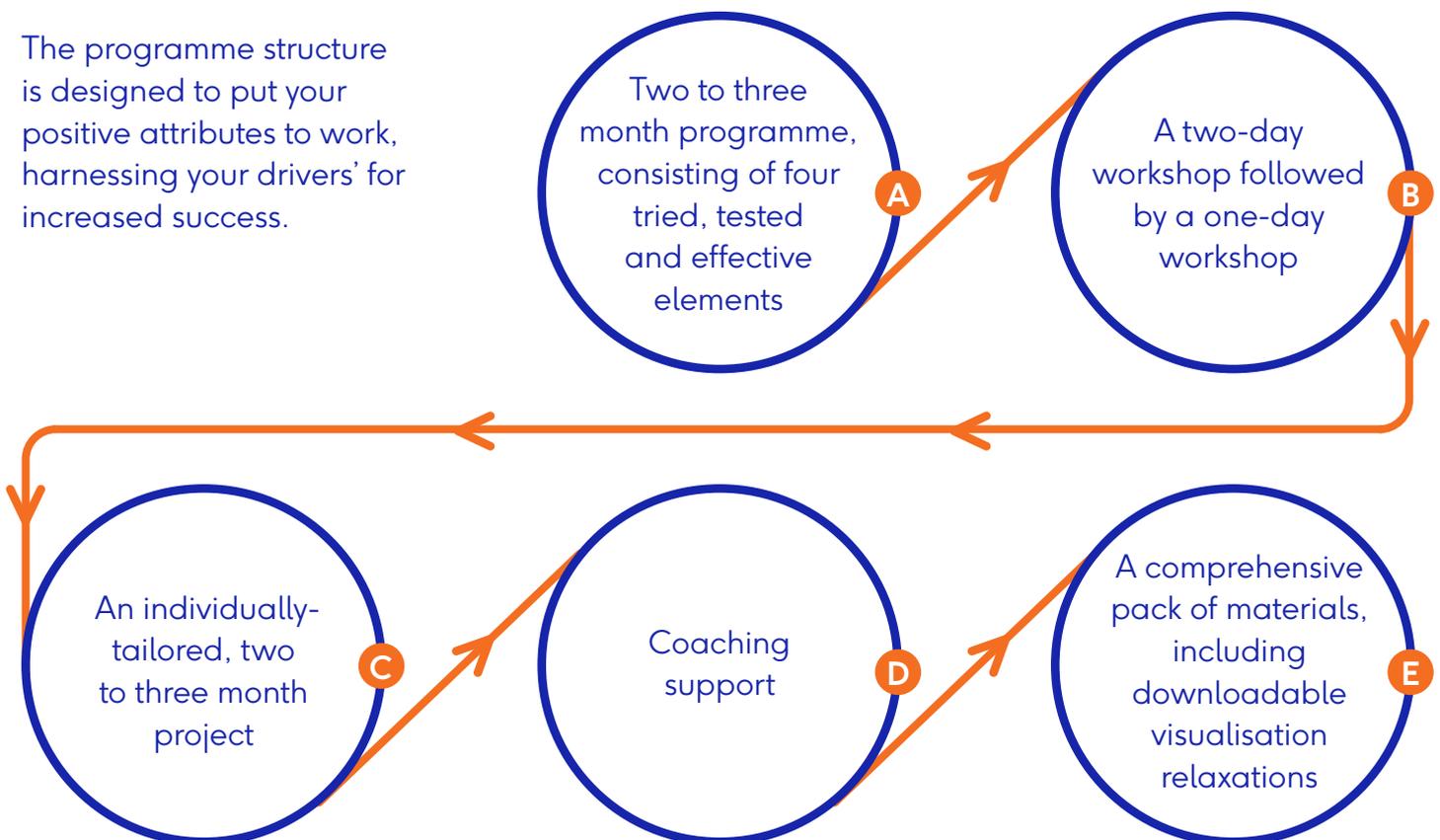
If you are new to management or considering a move into management and progressing to a leadership role, Spring Forward can help. It will help clarify career aspirations, set stretching, yet realistic goals, improve motivation and provide a more focussed and positive attitude.

## 2 For employers

For employers, it reduces the time taken for people to settle into a management role, improves their work performance, gives newly promoted managers the skills and confidence in adapting to their new role and also supports those people considering a management role.

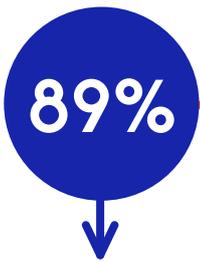
## 3 The innovative programme structure

The programme structure is designed to put your positive attributes to work, harnessing your drivers' for increased success.

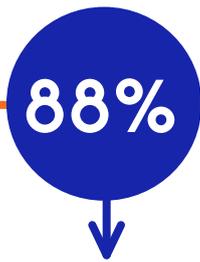


## 4 Outcomes that make a difference

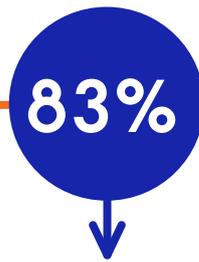
Enthusiastic evaluations of the Spring Forward programme provide some fantastic data. **Here is just a flavour of the results:**



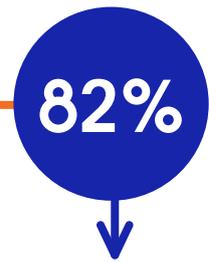
Of Spring Forward participants say they now feel more positive about themselves



Of Spring Forward participants say the programme has helped them be more effective in their work



Of Spring Forward participants say they now feel more able to initiate solutions



Of Spring Forward participants say they now have specific goals they want to achieve

## 5 Our clients



*"Spring Forward had topics and exercises that I could identify and join in fully. I suspect, as a man, that other men will find Spring Forward very rewarding, but quite tough in its expectations to express one's self and feelings."*

Seb Gillot,  
Assistant to Equal  
Opportunities Officer,  
University of Cambridge

*"Boosts your self-esteem and brings you to your self-realisation. Especially if you are at a cross roads, be it in personal or work experience."*

Lilian Geke,  
Henkel Kenya Ltd

*"It has given me options and choices, I now have a clear picture of where I am going and I feel confident about mapping a route that will get me there."*

Rosemary Burns,  
Communications & Liaison  
Manager, Inland Revenue

# 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 fulfil 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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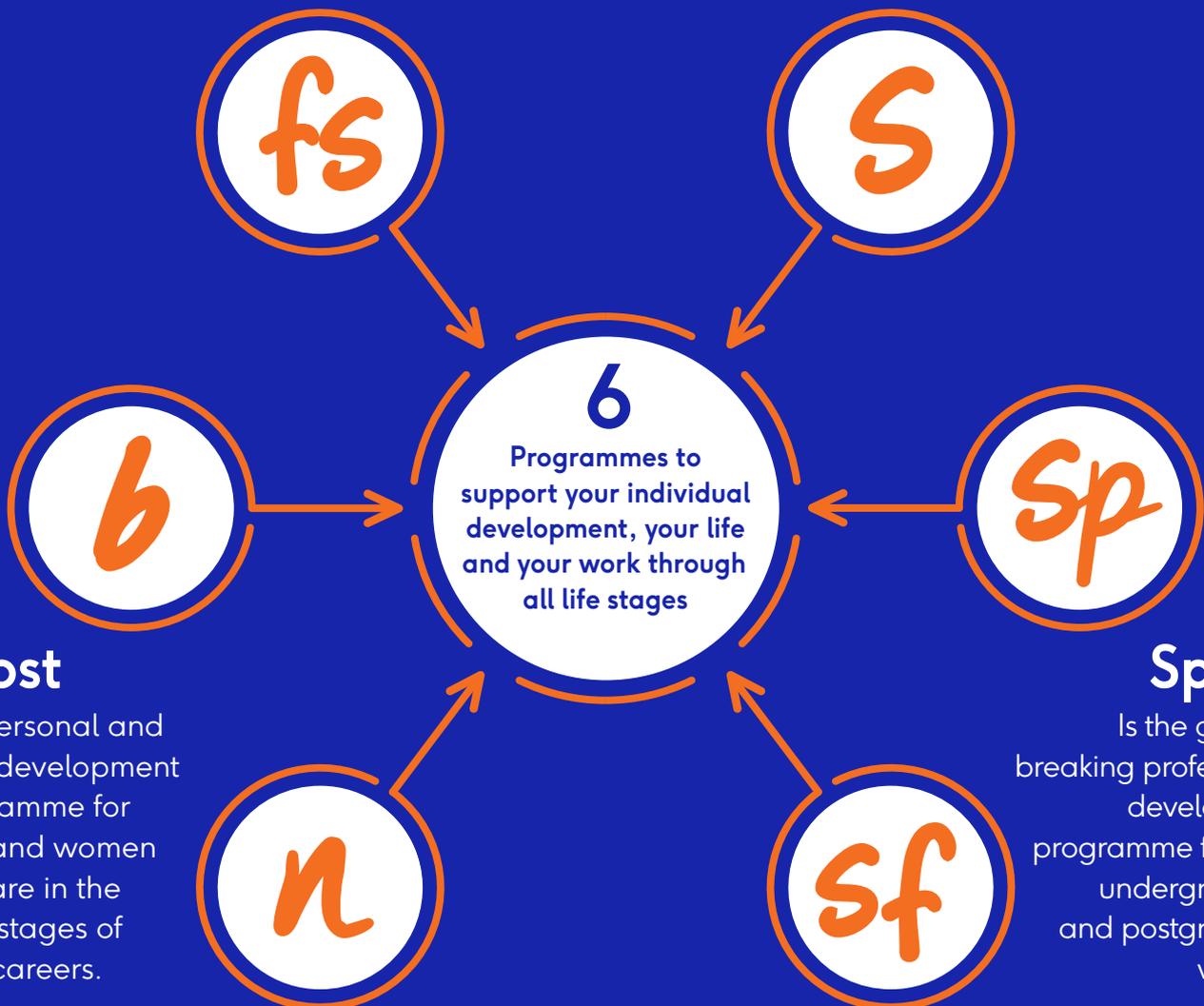
## Other programme opportunities:

### 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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the way up

Spring Forward is delivered exclusively  
by us, and through our dedicated  
network of worldwide trainers.

Contact us today for more information:

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