

Be who you want to be!

A Development Programme for Women with 4 workshops in Glasgow on Friday 16th September, Friday 14th October, Friday 4th November and Friday 2nd December 2016

Springboard is the award winning 3 month career and personal development programme specifically created to enable women to have greater influence in their own lives and achieve their full potential.

It will enable you to work through the important issues in your life and encourage you to take control and take action to make the changes you want to make to be who you want to be.

Springboard is tried and tested. Many women who have used it report exciting changes in their lives, including being taken seriously, sorting out difficult relationships, substantial promotions, speaking out and generally feeling more confident.

Attending Springboard will put you in charge of your life and help you to create your own 'luck'! You will learn how to.....

- take stock of your strengths and achievements and build upon them;
- identify your weaknesses and turn them into strengths;
- develop the self-confidence to make things happen.

Springboard also gives practice in valuable life skills such as assertiveness, active listening, handling stress and balancing home and work.

The Springboard programme runs over three months.

During that time, you'll attend four workshops on:

Workshop 1	Friday 16th September
Workshop 2	Friday 14th October
Workshop 3	Friday 4th November
Workshop 4	Friday 2nd December

The Workshops will be led by Gillian Neish, one of the first licensed Springboard trainers with a wealth of experience running programmes for women in a variety of organisations in the private, public and voluntary sectors, as well as open programmes.

Each workshop is filled with practical sessions to boost your morale and build your self confidence, as well as a guest speaker - a woman like you whose experiences and achievements will encourage and inspire you.

To reinforce and extend what you learn during these Workshops you will need to put in about three hours private study each week, with the help of the three hundred page Springboard Development Workbook. Much more than just a textbook, the Workbook is crammed with practical exercises, questionnaires, facts and ideas, all presented in a lively yet down-to-earth way. It is a key element of the Springboard Programme.

This international programme has been designed by women for women. It is pro-women, but not anti-men. We simply believe that women have a lot to learn from each other and can thrive in a supportive environment.

Springboard is for all women, at all stages of their lives. It's for you whether you are.....

- working full time, part time;
- returning to work after a break;
- facing redundancy;
- planning retirement; or
- simply seeking a new direction.

What's more, Springboard may be applied to all aspects of your life - home, work, and relationships.

This Springboard Programme will be held in The Premier Inn, 187 George Street, Glasgow G1 1YU.

The Programme fee is £528.00 per participant (£440.00 plus VAT @20% £88). This includes participation in the four workshops, light refreshments on workshop days plus a copy of the Springboard workbook.

SPRINGBOARD - BOOKING FORM

To book your place on this 'Springboard' programme in Glasgow on 16th Sept, 14th Oct, 4th Nov and 2nd Dec, 2016

Send your details as below, to Gillian Neish, Neish Training,

Email: info@neishtraining.com or post to: P.O. Box 26999, Glasgow G1 9DH, 0141 341 0469

First Name: _____ Surname: _____

Organisation: _____ Job Title: _____

Address: _____

Postcode: _____ Daytime Tel No. _____

Email Address: _____

Once your place is confirmed, an invoice will be emailed to you for payment via BACS or Paypal

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"I've had a great time and have learnt loads about myself and how to get to where I want to be - both personally and at work."

Participant