

# springboard

**What are you waiting for? Be who you want to be!**

**A development programme for women and those who identify as women  
with workshops in Glasgow on the following four Tuesdays:  
8th October, 5th November, 3rd December 2019 and 14th January 2020**

Springboard is the award winning 3 month career and personal development programme for women and those who identify as women to enable them 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 - and it works!**

Past participants report making exciting changes in their lives, including sorting out difficult relationships, taking the initiative, speaking out, setting and achieving their goals 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 with four one-day workshops on: the following Wednesdays:

- 8th October
- 5th November
- 3rd December and
- 14th January

The Workshops will be led by Gillian Neish who has 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 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 can 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. Each workshop day runs from 9.30 am to 4.30 pm

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.

**Book by 30th August  
for 10% Early Bird discount!**

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## **The Springboard Women's Development Programme - BOOK YOUR PLACE NOW**

To book a place on and/or for more information about this four-day Springboard programme being held in Glasgow at the Premier Inn, 187 George Street, Glasgow G1 1YU on Tuesdays 8th October, 5th November, 3rd December 2019 and 14th January 2020 send your details as below to:

Gillian Neish, Neish Training P.O. Box 26999, Glasgow G1 9DH Email: [info@neishtraining.com](mailto:info@neishtraining.com)

**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**

**The course fee is £528.00 per participant (£440.00 plus VAT @ 20% £88).**

**Book by 30th August for 10% Early Bird discount!**