

Sprint

women's development for undergraduates



Making the most of opportunities has never been more important

Pioneered by the universities of Oxford and Cambridge, the Sprint programme adds value to the overall package offered by universities, and results in women undergraduates who:

- are more actively engaged in their studies and careers
- have focussed goals and aspirations
- consider a wide range of careers and opportunities
- improve their employability
- increase their self esteem
- boost their personal effectiveness
- know how to present themselves effectively
- develop wider networks across the university
- make links with sponsoring organisations

the**springboard**consultancy
growing people and organisations



Women undergraduates are put off applying for certain occupations and industries and tend, on average, to earn significantly less than their male colleagues. Research at the University of Oxford identifies a shockingly large pay gap between men and women, despite graduating from Oxford with the same class degrees in the same subjects. As one example, 50% of Social Science male graduate leavers earn £27,000 or more on leaving, while 70% of females with exactly the same degrees, earn £27,000 - OR LESS!

Another survey, by the Higher Education Careers Unit, measured the earnings of 17,000 recent graduates. 70% of women graduates were earning less than £24,000, compared with 55% of men. This applied even in subject areas where women's participation was greater than men's, such as law.

Meanwhile, the rise in tuition fees means that students expect a great deal more from the package of benefits provided by their university.

What is the Sprint programme?

Sprint is the fabulous new development programme addressing the issues for undergraduate women and built on the success of the Springboard programme for women at work. Pioneered at the Universities of Cambridge and Oxford, both universities have contributed to the development of the new **Sprint** programme.

Who is it for?

For all women undergraduates, from all backgrounds, ages and stages in their lives and study, regardless of their subject, department or career aspirations.

For all universities, to provide added value to the overall offering to students, enable them to develop their women students to their fullest potential and to ensure that women undergraduates are able to make the most of the career opportunities available.



What does it consist of?

Delivered over several weeks, it consists of the following ingredients:

- a comprehensive workbook with all the material for the entire programme
- additional online learning tools
- four action-packed one-day workshops
- the provision of real, relevant and inspiring role models
- the encouragement of effective networks within the group
- opportunities to engage with any corporate sponsors

Some **Sprint** programmes attract sponsorship, providing opportunities for meeting women from the corporate world, internships, work shadowing, work placements and career focussed coaching to help with interview techniques, CV writing and job applications.



What results can you expect?

Participants achieve a mixture of results in the following three areas:

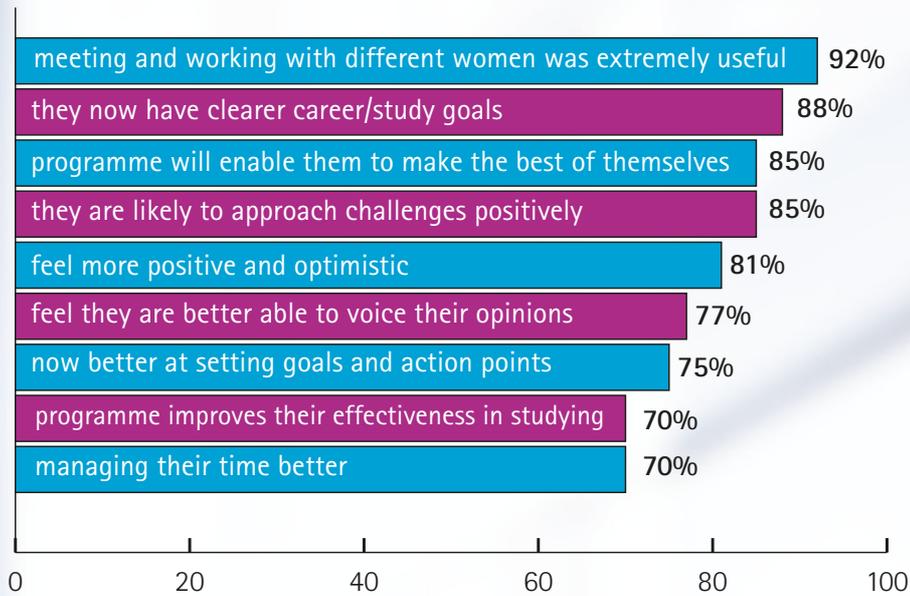
Study: Many women achieve study results such as; improved visibility and effectiveness in tutorials, improved time management, less study stress, a boost in confidence and self esteem.

Career: Many women use **Sprint** to sharpen their career goals, raise their aspirations, explore possibilities and to take advantage of the work shadowing and coaching often offered by corporate sponsors.

Personal: Many women achieve results in their personal lives, such as sorting out difficult relationships, establishing priorities, improving fitness, reducing stress and gaining a better study/life balance.

How do you know it works?

Results from participant evaluations are:



“ Where I was dragging along a bit before, the programme has flung me away from the track I was on, sat me down, dusted me off and splashed some cold water over me! ”

What does it cover?

- your personal power and influence
- identifying your values and attitudes
- dealing with change
- dealing with stress
- your vision and direction
- how politics works inside organisations
- managing time effectively
- using assertiveness positively
- networking and building contacts
- planning your future and setting ambitious goals
- putting yourself across positively and being memorable
- interviews
- job applications

Sprint participants:

- develop skills and confidence
- consider the opportunities open to them
- thrive on their chosen path
- build a network of support
- develop knowledge of the sponsors business.





How do you access the **Sprint** programme?

The **Sprint** programme is delivered exclusively by The Springboard Consultancy and/or by trainers who have been especially trained and licensed by us. We train and licence both trainers inside universities and freelance trainers. Contact us or access the 'Trainers' page on our website to find the trainer nearest to you.

“ The programme has been an excellent experience of self-discovery, self-improvement and finding a community of young women for peer support. ”

What about women at work?

We offer a wide range of programmes for women at work. Each programme addresses different issues and needs. The award-winning **Springboard Women's Development Programme** is our flagship programme, used by hundreds of thousands of women worldwide and specifically addressing the issues of non-management women – the vast majority of women at work. **BOOST** is for women in the early stages of their careers and **Spring Forward** addresses issues for women in management. **Hi-Point** is specifically for those glass-ceiling breakers at the top, whilst **Fresh Steps** is for those wishing to reassess and reset goals in mid-career. In each case, both the content and the process are tailored to the group. We also design and deliver customised, one-off programmes to clients' requirements.

The Springboard Consultancy

The Springboard Consultancy is the well-established, award-winning training consultancy which is often described as being the UK's leader in women's development. Our track record of designing innovative, pragmatic and cost-effective programmes means that we deliver a wealth of practical outcomes for a wide range of client organisations, their staff and students.

Although based in the UK, our process of training and licensing other trainers to deliver our programmes means that 230,000 people have used our programmes in 37 countries worldwide.

“ I have felt like the term following the programme has been full of achievements as I have not held back but have grown forward. ”

“ It's made me excited about everything in my future that I was so scared of before. ”

To find out more, contact:

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