

*In partnership with the STP we are pleased to offer you the opportunity to take part in the Springboard Women's Development Programme. The Programme has been running for 28 years across the globe and is now available to staff within Cambridgeshire and Peterborough Sustainability and Transformation Partnership.*

### **Who is it suitable for?**

The Springboard Women's Development Programme is designed for women from all backgrounds, ages and stages of their lives. It allows women to enhance their own skills and abilities, challenge power and equality, while building confidence, assertiveness and a positive image.

### **What results can I expect?**

Whether you want to further develop your career, improve your life skills or set practical, yet stretching goals, this programme will provide the tools to inspire and empower you to change your life.

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

Some women improve their career development after attending the Springboard Women's Development Programme, whilst others stay in the same job but with a new sense of purpose and a more positive attitude.

### **The innovative programme structure**

Four one day sessions delivered over a duration of three months, it consists of five simple yet powerful parts:

- our best-selling workbook, regularly up-dated and 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
- a local support system to enable sustainable progress

### **Overall, the Springboard programme tackles issues such as:**

- career development
- building confidence
- realistic self-assessment
- aspects of being a woman
- identifying priorities
- assertiveness skills
- setting practical yet stretching goals
- improving your health
- stress management
- presenting a positive image
- improved communication skills
- building better relationships
- building network

Cambridgeshire and Peterborough Fit for the Future Partnership

