

## Springboard Women's Development Programme for Childcare

The Springboard Women's Development Programme is the three month award-winning personal and work development programme for women.

### Overview

Women assess themselves, set goals and then develop the practical skills and self-confidence needed to achieve those goals.

Hundreds of employers have enjoyed the immediate and long term benefits of staff who are more highly motivated and better communicators following the programme

### Who is it for?

Women who know there is more to life and want to know how to go about achieving it. Most Springboard participants are in non-management roles inside organisations whilst others are self-employed, unemployed or working in voluntary organisations.

It's for employers who want to develop their staff to their fullest potential and to give their staff opportunities to develop within the organisation.

### Outcomes

At the end of the workshop participants will:

- be more self-confident and motivated
- have the ability to set and achieve clear goals
- have a positive attitude and image
- have assertive and effective communication
- be able to have better work/life balance
- have the ability to cope with change

At the end of the workshop Employers will:

- obtain more highly motivated and focused staff
- have improved communications
- improved customer relations
- gain staff who bring solutions, not problems
- retain staff
- be able to make promotions from within

### Format

- Four one-day workshops over three months
- A special workbook packed with practical activities and ideas
- Positive role models
- Support backup
- Networking with other women



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