

FREE Taster Session Friday 11th December 2009 at Dunblane Cathedral!



Fulfil Your Potential! **Springboard Development Programme for Women**

Springboard is an award winning career and personal development course for women who want to take control of their lives and achieve their full potential. It consists of four one-day workshops over 4 months where you will:

- **Learn to take control of your life**
- **Increase your self-confidence and assertiveness skills**
- **Enable you to make change happen and take the initiative**
- **Improve your work-life balance**
- **Develop your communication skills**

Who is Springboard for?

Springboard is for ALL women at non-management levels or junior management levels who have work experience, at any age and from any background. This taster programme is for prospective participants from or within reach of Central Scotland.

FREE TASTER SESSION – FRIDAY 11 DECEMBER 2009

This taster will take place from 12-2pm at the training rooms in Dunblane Cathedral (FK15 0AQ). It will be run by Sue Hewitt, a Licensed Springboard Trainer and an associate trainer with the People Developers of Dunblane. Lunch will be provided (as long as you pre-book your place!).

Don't miss this opportunity to learn more about how the Springboard Programme could benefit you or the women in your workforce.

For more information or to book your place contact:

Peter Braidwood at info@thepeopledevelopers.co.uk Tel: 01786 823246 / 0799 064 7873

Or Lisa Hammond-Marty Tel: 01635 578500

The next Springboard Programme will take place at Dunblane Cathedral on:

Thursday 11th February, Tuesday 16th March, Monday 12th April, Tuesday 11th May 2010

Some Feedback from the Springboard Programme:

"I wish I'd done it 10 years ago – every woman should go on this programme"

"The best course I have ever attended"

For more details about the Springboard programme or the Navigator programme for Men, please visit the following website: www.springboardconsultancy.com/springboard.html