

# Springboard: A Women's Development Programme

## Objectives

- To value what you have got going for you and build on your strengths
- To develop the self-confidence to make things happen
- To be assertive and more prepared to speak up for yourself
- To set and achieve your own goals
- To reduce stress and anxiety and be better organised at home and work

## Course Description

The Springboard Programme is a career and personal development programme for women, open to all women employed by the University.

To achieve the objectives of the programme you will need to:

- Want to change and develop
- Be motivated to work on your development
- Spend time on the workbook (about 3 hours per week on average)
- Attend all four days

Springboard covers:

- Knowing yourself
- Seeing what you've got going for you
- Using assertiveness
- Setting your goals
- Promoting a positive image
- Blowing your own trumpet
- Networking
- Changing what you want to change
- Finding ideas and support