

Spring Ahead One Day Program

Designed for past participants from Springboard

Designed for women who have previously completed the Springboard Women's Development Program, this event is primed for positivity, inspiration and re-motivation.

What is Spring Ahead?

In Springboard, the key focus was on taking responsibility for oneself. That still holds true in this workshop while we look at how we interact with others – why they are not like us, why we can get along with some better than others, and how we can exercise our interpersonal muscle better to improve our results.

We'll also revisit networking, look at using an assertive approach to negotiation and focus on staying positive.

Learning Outcomes

- **Recap** from Springboard
- Working with others, using **DISC** profiling. SB was all about YOU, now we want to take it one step further and understand how we can get stronger, richer working relationships with others around you at work and home. Whilst appreciating we are all different.
- **Resilience** – you only need to look at Julia Gillard to see a resilient woman. Wouldn't it be nice if we were all a little more resilient, especially at work?
- **Optimism** - whilst we sometimes cannot shape the outcome, we can certainly shape the way you think about it. Key lessons on how to live an optimistic life.
- **Goal setting**, learning more key steps and understanding how to get what it is you want. Walking away with a plan of action.
- **Networking** – how to master the right way to think about your career. Opportunity to hear successes from others in the group post Springboard.
- **Mentoring** – get one! Why they can be advantageous in your future.

Starting with a review of progress and an opportunity to revisit key concepts and learn new techniques, participants will walk away with new energy and an actionable plan.

Participant Investment
\$245 + gst per person
Expert Facilitation and Workbook