



# What does Springboard deliver?

The Springboard Women's Development Program enables women to both give and receive more out of their lives and careers. We have been delivering Springboard Program for more than 28 years in more than 44 countries across the globe; the Program results speak for themselves. Staff and employers alike attest to the program's success. Individuals speak of a new sense of purpose, an open approach to change and a more positive attitude. Employers report being delighted with the changes to their staff, which show a more focussed and positive outlook, offering solutions rather than problems and increased motivation. It has helped with periods of change and made a vast contribution to Diversity objectives.

**250,000**  
Springboard trained women across the globe since 1989

**1,200**  
Springboard trainers licensed to date



Contact us today for more information:

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## 1 For individuals

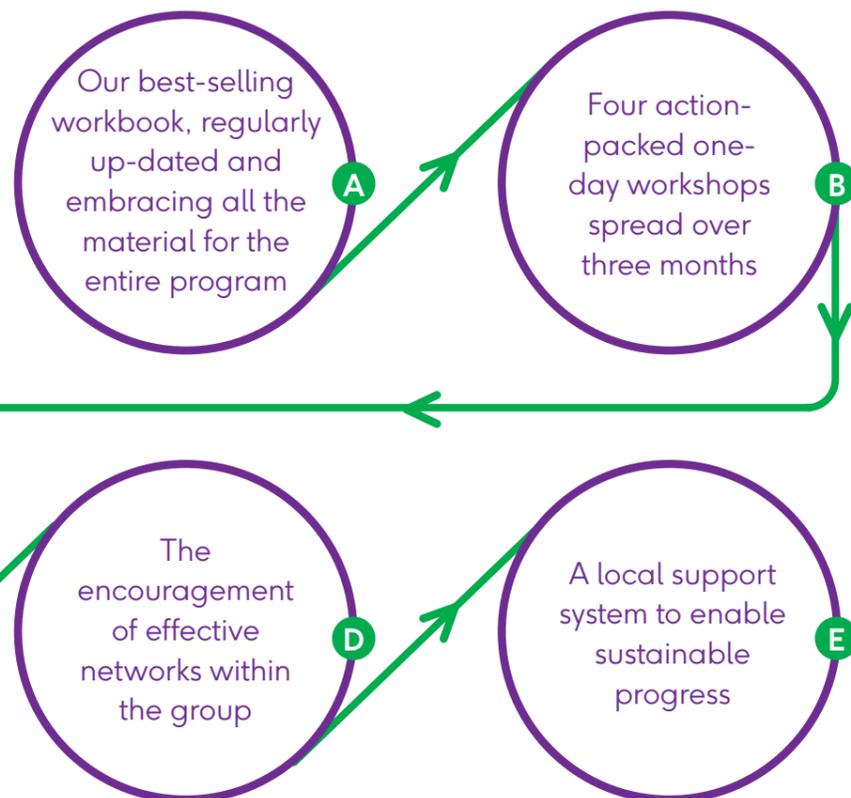
The Springboard Women's Development Program is designed for women from all backgrounds, ages and stages of their lives. It allows women to enhance their own skills and abilities, challenge power and equality while building confidence, assertiveness and a positive image. Whether you want to further develop your career, improve your life skills or set practical, yet stretching goals, this course will provide the tools to inspire and empower you to change your life.

## 2 For employers

The Program can be used by employers as part of a solution to address issues of diversity and inclusion in the workplace. It also develops talent for the future helping employers to build pipelines of diverse talent and address issues of the Gender Pay Gap.

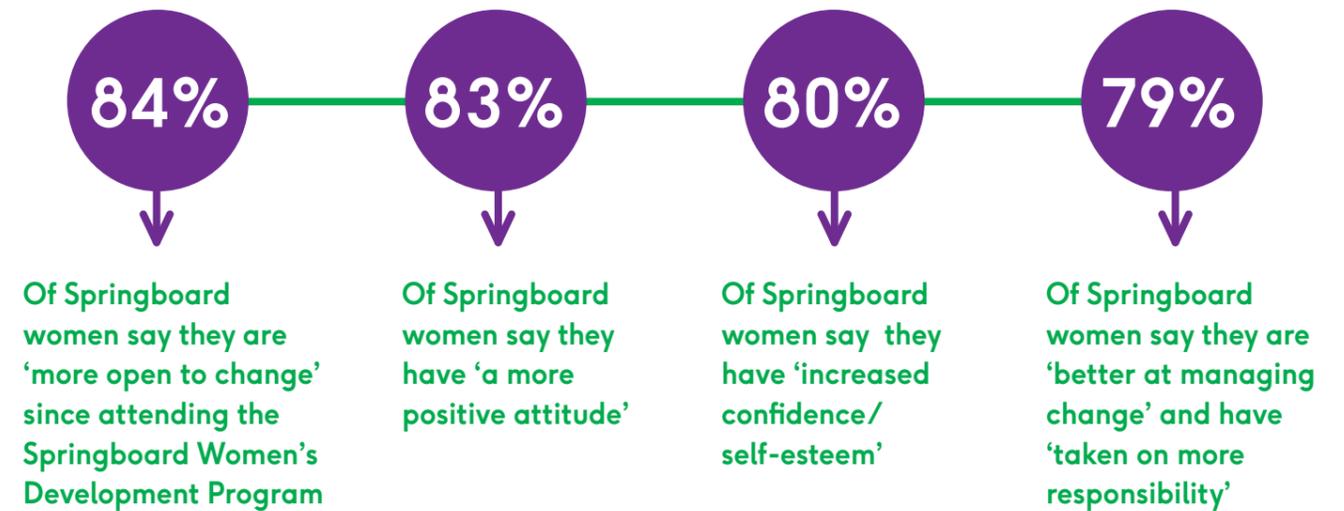
## 3 The innovative program structure

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



## 4 Outcomes that make a difference

Enthusiastic evaluations of the Springboard Program provide some fantastic data. Here is just a flavour of the results:



## 5 Our clients

*"The Springboard Program challenges who you are, what you are doing and what you want. Giving you the tools to embrace a change in your mind set, examine and re-focus energy to accomplish a harmonious balance in personal and business life without limitations. A very engaging and memorable experience."*  
Nermaine Pruscino, Westpac 2016

*"We often hear of the personal and professional transformation in the workplace and beyond. The tools and skills women gain are carried forward, strengthened by the relationships and networks they build throughout the program."*  
Office of Environment and Heritage, NSW 2016

*"The program has allowed women to increase their confidence and self-awareness which will have an enduring impact within our organisation."*  
Department of Education, NSW 2017

# Why the Springboard Consultancy?

The Springboard Consultancy is a world-leading international training and development consultancy.

We are passionate about delivering authentic, proven and diverse programs to inspire and empower everyone to fulfil their potential.

Our heritage is built on the successful and powerful Springboard Women's Development Programs, and we have evolved to offer a full range of fully researched development Programs, accessible to all, irrespective of age, gender or circumstance.

These are suitable for individuals, private companies, universities, public and third sector employers who wish to empower and develop their employees.

We operate globally, and our unique network of 450 licensed trainers means we have a passionate and caring team based in over 44 countries, delivering world-class courses, with proven results.

Established in 1989 we have trained over 250,000 people across our suite of programs, giving them the help and guidance to improve their lives and careers.



Everything we do is rooted in ensuring we deliver first-class training that inspires and empowers everyone, whatever their circumstances and wherever they are based.

The Springboard Consultancy  
Inspiring, Empowering, Delivering.



springboard  
work and personal development for women

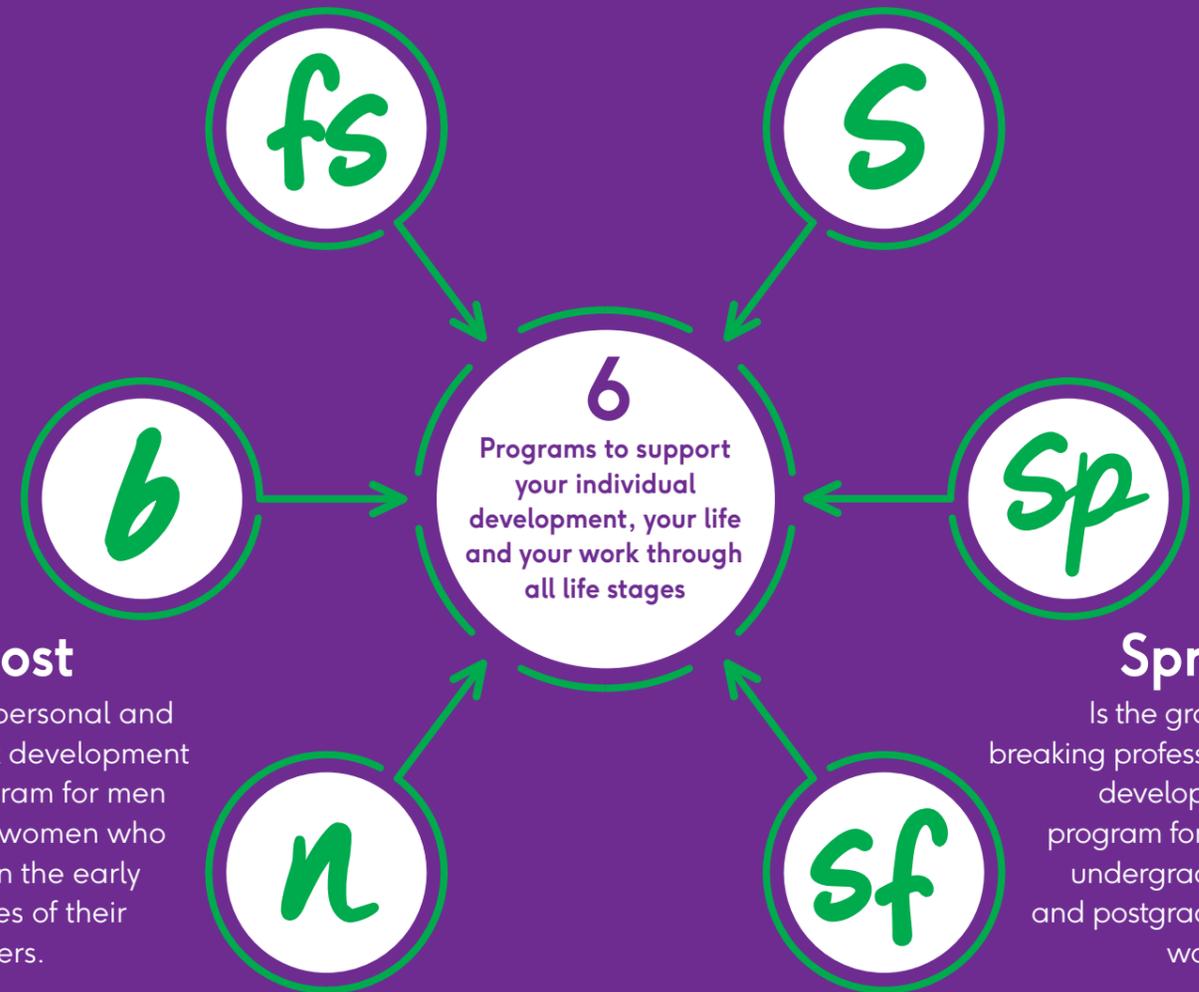
## Other program opportunities:

### Fresh Steps

Is an innovative personal and work development Program for anyone who wants to reassess where they are in their personal and work lives. For a new age and a new stage in your life.

### Springboard

Is our award-winning course that enables women to give and also get more out of their lives and careers, building confidence, assertiveness and a positive image.



### Boost

Is a personal and work development program for men and women who are in the early stages of their careers.

### Sprint

Is the ground-breaking professional development program for both undergraduate and postgraduate women.

### Navigator

Is the first UK development program for men to review their home and work lives to identify practical and realistic steps to fulfill their potential.

### Spring Forward

Is for those who are new to management and on the way up the career ladder. It helps clarify career aspirations, sets stretching, yet realistic goals, improves motivation and provides focus.





Deb Elliott has been training and developing women of the private and public sector for over thirteen years and has a life perspective of driving a career, being a working mum and living her best life.



Give Deb a call now to find out more:  
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