



Personal and Professional Development for Women



The Springboard Programme with Max Redhall

Sereniti

springboard

work and
personal
development
for women

What is Springboard?

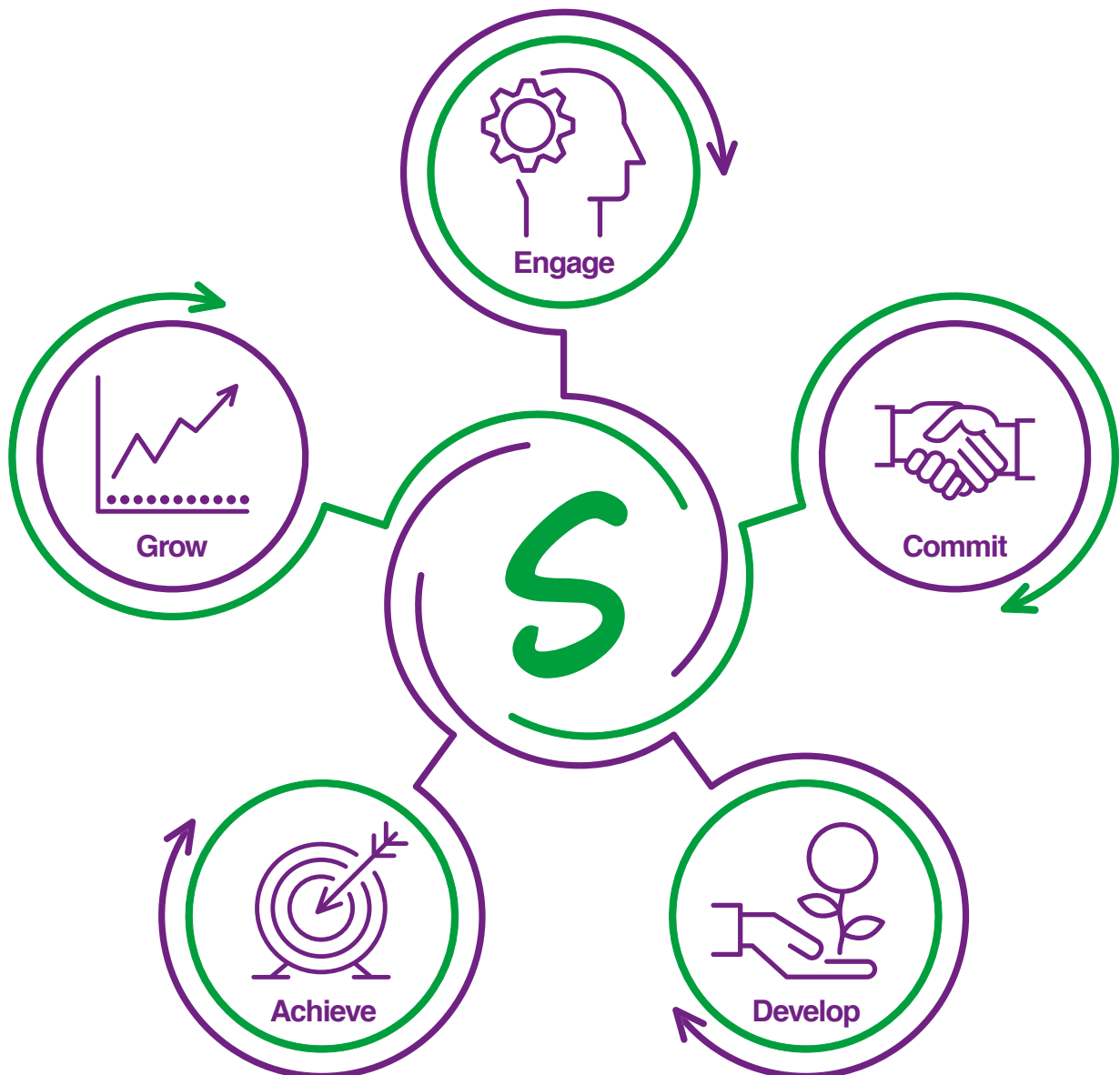
The Springboard Women's Development programme is designed for women from all backgrounds, ages and stages of their lives.

It allows women to enhance their own skills and abilities, challenge power and equality, while building confidence, assertiveness and a positive image.

Whether they want to further develop their career, improve their life skills or set practical, yet stretching goals, this course will provide the tools to inspire and empower them to change their life.

The programme has been specifically designed for women. Being in a women-only environment provides a conducive learning environment that makes it easier to talk and share issues. Women say that it gives them a huge boost being on a programme where they discover 'they are not the only one'.

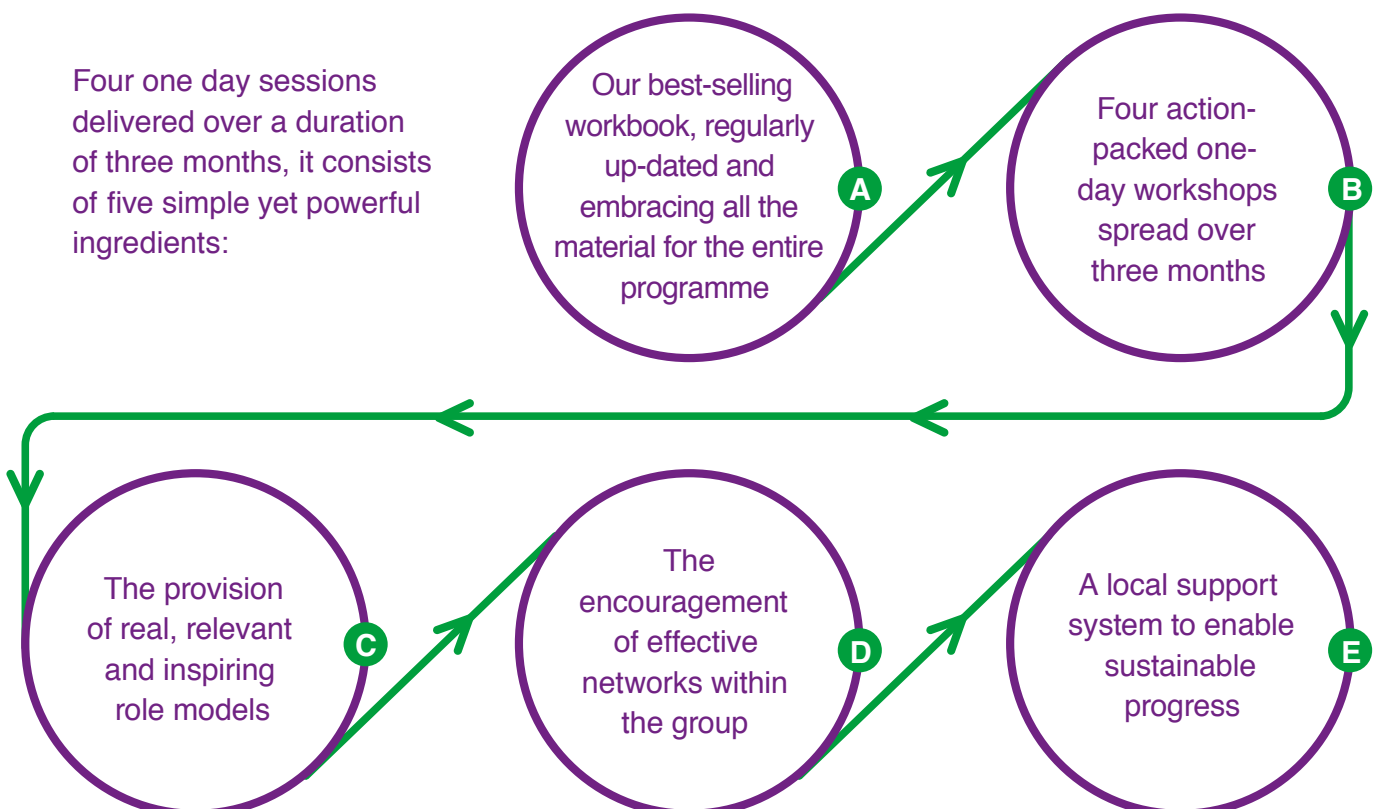
The programme can be used by employers as part of a solution to address issues of diversity and inclusion in the workplace. It also develops talent for the future helping employers to build pipelines of diverse talent.



Engaging in the Springboard programme with Max Redhall will help you with:

- Career development
- Building your confidence
- Self-assessment and self-reflection
- Assertiveness skills
- Setting practical yet stretching goals
- Improving your health
- Managing stress levels
- Presenting a positive image
- Increasing communication skills
- Building better relationships
- Building networks

The innovative programme structure



Outcomes that make a difference

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



Of Springboard women say they are 'more open to change' since attending the Springboard Women's Development Programme



Of Springboard women say they have 'a more positive attitude'



Of Springboard women say they have 'increased confidence/self-esteem'



Of Springboard women say they are 'better at managing change' and have 'taken on more responsibility'



About Max Redhall

Maxine is an experienced Learning & Development Consultant who has a special interest in supporting and helping develop women in the business environment.

She has worked across a range of industry sectors from the Police Force to large corporates and now supports many smaller businesses UK wide.

Max combines theories from psychology, change management and leadership development arenas to design and deliver interactive, stretch coaching and professional development programmes.

Book your programme today

Call Max on: T: 0114 2138530 M: 07710 293620
Or e-mail springboard@sereniti.co.uk

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