

sprung forward



a development programme for people on the way up

Fresh from The Springboard Consultancy is Spring Forward, a new and innovative development programme for people in senior clerical and junior to middle management grades. A special version of the programme can also be made available to people already in senior posts. The programme uses modern, creative learning methods, which tap into hidden resources inside each participant and make them relevant to the person's current organisation.

The programme stands alone but is complementary to results already achieved by the award-winning Springboard Women's Development Programme and the Navigator Men's Development Programme. Participants set their own agenda: work or personal or both.

The Objectives

The objectives of the programme are that participants will:

- take a fresh look at their career and personal development plans and set new action points
- find coaching and mentoring support to match their aspirations
- understand how gender, culture and managerial status affect communication and motivation

Creative Methods

In designing Spring Forward we have taken a leap forward in terms of bringing into the business world, creative, developmental methods that have been used outside the business world for many years.

In including working with pictures, visualisation, meditation and asking people to share the results of these activities we recognise that this is a deliberate and definite stretch for many people.



The Benefits to Organisations

As Spring Forward programmes are tailored to meet current organisational needs, participants achieve their unique blend of personal and work results. The benefits are:

- individual and team communications improve
- stress levels are reduced so performance is improved
- participants take more responsibility for their development
- clear goals are set for development
- participants initiate more solutions
- more women move into higher positions
- men set realistic goals for higher aspirations

'Jenny Daisley's empathy, knowledge and skills are of such a high quality and the course itself so interesting. It has been a formative experience for me.'

Dr Felicity Hunt, University of Cambridge

'Gently challenging with appropriate support in a wonderful environment. I grew in all respects.'

Jane Woods, Wiltshire County Council

'I now feel able to tackle challenging areas of my life with renewed vigour and a different approach.'

Kerrie Jenkinson, Llama Seven

The Spring Forward programme comprises

Workshop 1 - two active and creative days of individual and group work with a project in the three months before the second workshop.

Workshop 2 - one day capturing the work done and springing further forward.

Challenging and inspiring visiting speakers

Coaching support

The Spring Forward Programme Pack containing:

- A personal log and material to work with on the workshops
- Additional material to work on in between the workshops as needed
- Relaxation/visualisation CD
- Springing Forward, the inspiring book by Gina Harris and Liza Edwards



To find out more, contact:



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