

## Make a difference to performance in your organisation by developing:

- A more optimistic outlook
- Greater confidence
- Better equipt to deal with change
- Stronger problem solving skills
- Were more willing to take on responsibility

Springboard achieves that. And we have the stats to prove it.

### The benefits

Springboard gets results and gives your organisation confidence in the value of the program.

#### After doing the program:

93% of women have taken on more responsibility

84% open to change

83% participants have a more positive attitude

80% increase in confidence

79% better at dealing with change

75% better problem solving skills

**Springboard Women's Development Program** is a tried and tested 3 month intensive development course that gets results.

Springboard is a blended learning program that challenges existing paradigms, develops the whole person and reenergizes participants. The 4 workshops will push boundaries to encourage participants take small practical realistic steps to gain more control over thoughts, emotions, beliefs and future.

With the right tools and strategies gained from the interactive workshops, self-study and support sessions, they will set fresh goals and start to make actionable plans.

Women walk away from each workshop feeling more empowered. They attract more positive outcomes, are less plagued by stress and self-doubt and more focused on balance, opportunities and achieving fulfilment in their career and life.

**Springboard**<sup>®</sup>  
WOMEN'S DEVELOPMENT PROGRAM

**Be Accountable  
Seek Ownership  
Take Action**



**FLY CONSULTING** 

# Women Supporting Women

Springboard is the leading women's development program internationally, it has been conducted for over 27 years and currently offered in more than 44 countries.

Designed by women to support women in their personal and professional lives, Springboard understands the unique challenges that women face.

The Program is relevant to women of all ages from entry level through to first line management.

Embarking on a journey of emotional intelligence, growth and acceptance. Participants will be joining a community of women around the globe that have taken action to unlock their potential.

Opportunities for networking with like-minded women enrich career growth.

## A Program That Gets Results

The Springboard Women's Development Program enables the individual to set their own change agenda to maximise their potential.

### Results shared from previous Springboard participants:

- Realistic self-assessment, empowering you to challenge your thoughts
- A boost of self-confidence and belief in yourself
- The ability to deal with change with optimism
- Establishing your identity through core values
- Having the time to gain direction relevant to you
- More focused, productive and clarity on key priorities
- Assertiveness skills to speak up, be heard and respected
- Setting practical yet stretching goals
- Doing! Making things happen
- Stress management and calming the mind
- Presenting a positive image
- Improved communication skills
- Building stronger relationships at work and home
- Building positive networks and connections
- Better balance between work and home
- Improved all round health in your mind, body and spirit

*"Springboard truly was the spring board I needed to unlock the potential & put 'me' first for a change. I now have a mentor! I had the confidence to ask there and then and she accepted. I built on those competencies I needed, sought the opportunity and went for the next job...& got it!"*

**Nidhi**  
**Westpac Retail & Business Banking – 2015**



## How it works

- Four highly interactive full day workshops spread over three months.
- A detailed workbook accompanies the workshops. This comprehensive book comprises all the material participants need for the entire program and guides independent study between workshops.
- Each workshop provides an opportunity to hear from influential women speakers real, relevant and inspiring role models who impart their challenges, triumphs and strategies to overcome obstacles and succeed.
- Development of effective support systems and networks within the group for continuous growth. A mentoring component is an optional extra which organisations find extends the value of the program investment.

## Being Accountable

*“ I feel so much more confident in myself and focussed on what I want to do. Your positivity, inspiration and motivation has given me a push that I needed to come out of my comfort zone. ”*

**Yousra**

**Reserve Bank of Australia – 2015**

*“Springboard has created a wonderful platform to grow and develop the women in our organisations. 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.”*

**Spokeswomen’s Committee  
Office of Environment and  
Heritage – 2016**

# Developed by women for women

Springboard Women's Development Program has been consistently chosen by Australia's leading employers because it delivers performance results.



RESERVE BANK OF AUSTRALIA



Office of Environment & Heritage



TAFE NSW



Education



Institute of Public Administration Australia



Office of Local Government



ABC Australian Broadcasting Corporation



LOCAL GOVERNMENT NSW



campbelltown city council



Lake Macquarie City Council

*"I just wanted to thank you for being such and inspiration and fantastic motivator. Since completing the Springboard program I have gained a huge amount of confidence and I am not afraid to have a go. I just ask now rather than wonder.*

*You are an amazing presenter and speaker and I am so glad that I had the opportunity to participate in this program. Thank you for sharing your stories and experiences."*

**Vanessa**  
Office of Environment and Heritage -- 2015



**Deb Elliott**, Director of Fly Consulting, is a registered Springboard Consultant. She has an authenticity that enables her to bring out the best in people. Deb is known for her infectious energy and facilitation style. She is passionate about motivating women to create change and she brings outstanding corporate and life experience to all her programs with extensive training experience in both the private and public sector.

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