Making the most of opportunities has never been more important

Pioneered by the universities of Oxford and Cambridge, the Sprint programme adds value to the overall package offered by universities, and results in women undergraduates who:

- are more actively engaged in their studies and careers
- have focussed goals and aspirations
- consider a wide range of careers and opportunities
- improve their employability
- increase their self esteem
- boost their personal effectiveness
- know how to present themselves effectively
- develop wider networks across the university
- make links with sponsoring organisations

the springboard consultancy

growing people and organisations
What results can you expect?
Participants achieve a mixture of results in the following three areas:

**Study**: Many women achieve study results such as; improved visibility and effectiveness in tutorials, improved time management, less study stress, a boost in confidence and self esteem.

**Career**: Many women use Sprint to sharpen their career goals, raise their aspirations, explore possibilities and to take advantage of the work shadowing and coaching often offered by corporate sponsors.

**Personal**: Many women achieve results in their personal lives, such as sorting out difficult relationships, establishing priorities, improving fitness, reducing stress and gaining a better study/life balance.

What does it consist of?
Delivered over several weeks, it consists of the following ingredients:
- a comprehensive workbook with all the material for the entire programme
- additional online learning tools
- four action-packed one-day workshops
- the provision of real, relevant and inspiring role models
- the encouragement of effective networks within the group
- opportunities to engage with any corporate sponsors

Some Sprint programmes attract sponsorship, providing opportunities for meeting women from the corporate world, internships, work shadowing, work placements and career focussed coaching to help with interview techniques, CV writing and job applications.

What is the Sprint programme?
*Sprint* is the fabulous new development programme addressing the issues for undergraduate and post-graduate women and built on the success of the Springboard programme for women at work.

Pioneered at the Universities of Cambridge and Oxford, both universities have contributed to the development of the new *Sprint* programme.

Other universities using the programme include; Warwick, Exeter, Bath, Essex, University College London, City of London University, Westminster, Surrey, Leicester and Sheffield.

Who is it for?
For all women undergraduates, from all backgrounds, ages and stages in their lives and study, regardless of their subject, department or career aspirations.

For all universities, to provide added value to the overall offering to students, enable them to develop their women students to their fullest potential and to ensure that women undergraduates are able to make the most of the career opportunities available.
Results from participant evaluations are:

- your personal power and influence
- identifying your values and attitudes
- dealing with change
- dealing with stress
- your vision and direction
- how politics works inside organisations
- managing time effectively
- using assertiveness positively
- networking and building contacts
- planning your future and setting ambitious goals
- putting yourself across positively and being memorable
- interviews
- job applications

**How do you know it works?**

<table>
<thead>
<tr>
<th>Survey Response</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>meeting and working with different women was extremely useful</td>
<td>92%</td>
</tr>
<tr>
<td>they now have clearer career/study goals</td>
<td>88%</td>
</tr>
<tr>
<td>programme will enable them to make the best of themselves</td>
<td>85%</td>
</tr>
<tr>
<td>they are likely to approach challenges positively</td>
<td>85%</td>
</tr>
<tr>
<td>feel more positive and optimistic</td>
<td>81%</td>
</tr>
<tr>
<td>feel they are better able to voice their opinions</td>
<td>77%</td>
</tr>
<tr>
<td>now better at setting goals and action points</td>
<td>75%</td>
</tr>
<tr>
<td>programme improves their effectiveness in studying</td>
<td>70%</td>
</tr>
<tr>
<td>managing their time better</td>
<td>70%</td>
</tr>
</tbody>
</table>

“Where I was dragging along a bit before, the programme has flung me away from the track I was on, sat me down, dusted me off and splashed some cold water over me!”

**What does it cover?**

- your personal power and influence
- identifying your values and attitudes
- dealing with change
- dealing with stress
- your vision and direction
- how politics works inside organisations
- managing time effectively
- using assertiveness positively
- networking and building contacts
- planning your future and setting ambitious goals
- putting yourself across positively and being memorable
- interviews
- job applications

**Sprint participants:**

- develop skills and confidence
- consider the opportunities open to them
- thrive on their chosen path
- build a network of support
- develop knowledge of the sponsors business.
How do you access the Sprint programme?

The Sprint programme is delivered exclusively by The Springboard Consultancy and/or by trainers who have been especially trained and licensed by us. We train and licence both trainers inside universities and freelance trainers. Contact us or access the ‘Trainers’ page on our website to find the trainer nearest to you.

“What about women at work?

We offer a wide range of programmes for women at work. Each programme addresses different issues and needs. The award-winning Springboard Women’s Development Programme is our flagship programme, used by hundreds of thousands of women worldwide and specifically addressing the issues of non-management women – the vast majority of women at work. BOOST is for women in the early stages of their careers and Spring Forward addresses issues for women in management. Hi-Point is specifically for those glass-ceiling breakers at the top, whilst Fresh Steps is for those wishing to reassess and reset goals in mid-career.

In each case, both the content and the process are tailored to the group. We also design and deliver customised, one-off programmes to clients’ requirements.

The Springboard Consultancy

The Springboard Consultancy is the well-established, award-winning training consultancy which is often described as being the UK’s leader in women’s development. Our track record of designing innovative, pragmatic and cost-effective programmes means that we deliver a wealth of practical outcomes for a wide range of client organisations, their staff and students.

Although based in the UK, our process of training and licensing other trainers to deliver our programmes means that 240,000 people have used our programmes in 43 countries worldwide.

“I have felt like the term following the programme has been full of achievements as I have not held back but have grown forward.”

“It’s made me excited about everything in my future that I was so scared of before.”

Current University clients include:

- University of Bath
- University of Cambridge
- University of Essex
- University of Exeter
- University of Leicester
- City of London University
- University College London
- University of Oxford
- University of Sheffield
- University of Surrey
- University of Warwick
- University of Westminster

Contact The Springboard Consultancy:
Tel: 020 3794 6730
office@springboardconsultancy.com
www.springboardconsultancy.com
What women say:

- ‘I really enjoyed my time during the Sprint programme and felt I made fantastic progress in my time and stress management. I found the mentors particularly inspirational and hope to work with them in order to obtain my aspirations and future goals.’ Sophie Hughes, Undergraduate, BSC Cellular and molecular medicine, Bristol University

- ‘Fantastic way to develop all of yourself and meet new people, especially good for a new network of friends and mentors.’ Charlotte Martin, Undergraduate, BSC in Medical Biology, Bristol University

- ‘Good opportunity to meet new people and discuss issues women face in university and at work in a relaxed setting.’ Alison Foo, Undergraduate, LLB Law, Bristol University

- ‘It was a great rewarding experience.’ Arti Vaghela, Undergraduate, BSc Mathematics and Philosophy, Bristol University

- ‘An interesting, challenging and fun few days where I have met some lovely people and learnt things which I have enjoyed telling my friends and family outside of the workshops. Something I would recommend to anyone who would recommend to anyone who would want to think a little deeper for a change.’ Natasha Loveday, University of Surrey, Business & Retail Management

- ‘Really helpful. Awesome programme.’ Farida Abbas, Undergraduate, Kingston University

- ‘Enjoyable and thought provoking.’ Julie Hanley-Davis, Undergraduate, Kingston University

- ‘The Sprint programme has brought my own self out and my values and aspirations.’ Reenal Upodhayay, Undergraduate, Kingston University

- ‘Overall the Sprint programme has truly developed me to be more forward in decision making and has made me reflect on how I approach life and deal with stress and pressure. It has also helped me teach what I have learnt to others on the main points of the programme. It has reignited my dreams and helped me to remain aspirational throughout by taking challenges.’ Chathuri, Undergraduate, Kingston University
‘Sprint has been an eye opener that I am not alone when faced with certain issues and by supporting one another we can learn a lot. I’m inspired and confident knowing that with hard work and perseverance anything can be achieved. It also has made me think about investing in myself and the impact it will have on everyone around me which will allow me to feel happier and more content.’ Asha Mailapali, Undergraduate, Kingston University

‘I’ve had an amazing time. This is the whole truth – it really, really, has changed my life! Absolutely loved it. Sarah and Louise – so influential, so positive and I really want to keep in touch with them.’ Devina Dabba, Undergraduate, Kingston University

‘Excellent course, extremely useful, trainers were excellent – friendly and explained everything so well. Excellent course.’ Samantha Stockton, Undergraduate, Kingston University

‘Thoroughly well-presented and enjoyable course. Learnt a lot of skills and was reminded of things I had learnt before. Gave me the confidence to develop in work and university life. Very grateful for the opportunity to do the course.’ Cherry Nitra, Undergraduate, Kingston University

‘Sprint programme has been a really positive influence. I’m surprised how much an impact it has made. I appreciate the support and encouragement I received throughout the duration of the programme and I definitely will be keeping in touch with most of the amazing women I’ve met.’ Oyindamola, Undergraduate, Kingston University

Comments from Oxford University participants

• Where I was dragging along a bit before, the program has flung me away from the track I was on, sat me down, dusted me off and splashed some cold water over me!

• I have started to think about every aspect of my life in a positive way, and I now approach challenges with a can do attitude rather than a negative one. It was a great experience.

• I was skeptical at first. But I was properly surprised by the breadth of change that can be brought forward in such a short period of time.

• I would highly recommend this programme to any female undergraduate at Oxford. I have a far more positive and proactive outlook on my university experience and beyond. Even my friends and course mates have noticed a significant difference in my day-to-day mood and the way I discuss work, play and the future.

• I feel more confident about my future prospects, even if that future is just the prospect of uncertainty. I feel better able to cope with challenges that life will throw at me, and, in fact, relish the opportunity to take them on!

• Warming, informative and personal.
• Sprint has helped me feel like the strong woman I wanted to be. The support and understanding of the other participants has been invaluable - particularly since I'm in my first year and they were mostly older. Sprint has been a crucial part for me of settling into successful, independent Oxford life.

• The most inspiring aspect of this programme was meeting and getting to know a network of like-minded women, who supported each other and grew together. The programme has helped me to introduce some much needed structure and drive into my life, and I highly recommend it to all young women looking for some encouragement and inspiration.

• I came in not really sure what to expect, but I think it's changed my outlook in many ways and is something I want to take forward with me throughout my career. Thanks so much!

• Participating in the Sprint Programme was a very interesting and exciting experience. It introduced me to a new way of thinking about myself and my future. I learned to approach challenges positively, organise my work better and believe in my abilities. By meeting other women in a similar situation I discovered that I am not the only person having doubts and being uncertain of what I want in my life. I realised that you can always make a change if you are not comfortable with the way things are going. I highly recommend Sprint.

• I am very glad that I decided to participate in this programme. It provides such a great opportunity to meet wonderful people and you never feel alone - it has definitely developed me into a more optimistic person, and the mentors that were available are incredible and top of their field!

• I now see the variety of options that are open to me - and believe now that these are options I could readily pursue. Whereas previously I would discount myself from certain activities or opportunities, now I ask myself "why not? I've learnt to stop trudging along a path that I mapped out years ago, and start acknowledging and adapting to my changing needs and ideas. Thank you!

• Fun, rewarding, a great way to learn new things about yourself and build your confidence.

• Sprint has been an excellent experience of self-discovery, self-improvement and finding a community of young women for peer support.

• A thoroughly enjoyable experience which has allowed me to identify with and experience support from like-minded women, at Oxford and beyond, and also a sense of empowerment and positive outlook for my own future.

• The Sprint Programme really helped me to understand how to make the most of myself and gave me a much more positive outlook on the future.

• Most importantly, Sprint has given me the opportunity to think about how I can really make the most of myself. It is reassuring to find so many like-minded women in the same position as you, and I would recommend it to everyone!

• Worthwhile doing, it is a catalyst to an ongoing process.