

The award-winning Springboard women's development programme provides the inspiration, tools and confidence boost to enable you to choose what you want from life and how to make it happen. Over 230,000 women around the world have gained from Springboard and now women at Motorpoint can enjoy this life-affirming course.

Springboard helps women to shake off the effects of limiting stereotypes in society and past confidence-knocks. It empowers women with the self-belief, assertiveness, helpful contacts and positive thinking to build the life they want, both at work and at home.

Unlock your true potential

Could you benefit from a boost to your confidence?

Do you want to free yourself from self-doubt, worry or 'baggage' that holds you back?

Would you like to be more assertive?

Seeking a healthy work-life balance?

Do you want to take more control of your life and set meaningful goals?

Curious to see where your potential could take you?

YES to any of the above? Then Springboard is for you!

Whether you're dealing with a difficult situation in life, at a career crossroads, feeling stuck in a rut, hungry for more from life, aiming for your next career move or simply interested to explore your options, Springboard is a fantastic opportunity to take some time off the 'hamster wheel' to reflect, make the right decisions for you and let your best self shine!



"It opened my eyes to my full potential"

Who is it for? Women from all roles, backgrounds, ages - especially in admin, non-management or first supervisor roles.

How does it work?

- ✓ **4 energising workshops** spread out over 4 months
- ✓ **Inspiring guest speakers** who share their stories and tips
- ✓ **Springboard activity book** with motivational development tasks to do in your own time between workshops
- ✓ **Mentoring and networking** – women supporting and encouraging each other

Springboard Trainer Vanessa Boon brings a supportive approach, practical tips, life experience, humour and lots of encouragement to boost your zest for life!

What could I gain from Springboard?

- Over 80% of participants have **more confidence, self-belief & clear goals**
- Over 80% are **more positive**, open to change & feel emotionally healthier
- 75% take on **advanced responsibilities** at work & **speak up more** in meetings
- Over two thirds report **receiving praise** from other people noticing their positive changes

An excellent experience – a journey every woman should take!

An inspiration that will remain with me for life

Lifted my confidence, showed me I could achieve things I had only wished for before and made me feel good about life!