

Programme

16 February 2023

Resilience, staying positive and managing your wellbeing

Managing your own wellbeing is crucial to success in your career. In this session, you will learn techniques to look after your own wellbeing, to build your resilience and to maintain a positive approach.

16 March 2023

Communicating confidently

Communication is crucial in every role. You will develop your skills in active listening, to hear what is, and is not, being said. The session will introduce you to approaches to communicating confidently, and explore how you can positively influence others.

20 April 2023

Working with Others

This session explores teamworking and team dynamics, considering your own approach to working in a team, what motivates and causes stress for you in team environments, and what impact you have on those around you. You will explore approaches to managing conflict, and techniques for having difficult conversations.

18 May 2023

Problem Solving and Decision Making

Solving problems and making decisions effectively will help you progress in your career. This workshop will introduce you to some tools to help you explore problems and decisions, identify solutions, and evaluate options. It will also explore strategic approaches to solving complex problems.

15 June 2023

Harnessing creativity

Develop your creativity, with tools for idea generation, and approaches to support your own creative thinking. The session will explore innovation, including how you can support others to generate new ideas, and tools to lead innovation in a team environment.



20 July 2023

Project management

Projects are crucial in organisations for introducing new products and services and managing change. In this workshop you will understand the lifecycle of projects and different approaches used to manage them, understand risks and constraints in projects, and explore factors that enable projects to succeed.

10 August 2023

How organisations work

Have you ever thought about how your organisation really works? In this workshop, you will explore businesses and their activities, how they are financed, and how they create value for customers. You will enhance your customer awareness, and learn to make and present effective business cases for new ideas and innovations.

21 September 2023

Customers, opportunities and value

Customers are, of course, vital in any organisation. Attracting customers involves building relationships. This workshop will focus on advocating for your organisation at every opportunity, and seeing interactions as an opportunity to sell. You will explore negotiation from a commercial perspective, based on needs and benefits.

19 October 2023

Presentation skills

Giving presentations is an important professional skill, but often a cause of anxiety. This session will help you to overcome the nerves by really understanding your audience, purpose and the reaction you want, considering different aspects of your communication, and using supporting materials effectively. You will consider both live and media-based presentations.

16 November 2023

Goal Setting and Reflection

To be successful in your career you need to take responsibility for your own development. In this workshop, we will look at the importance of setting realistic, achievable but stretching goals, and how you can use them to manage and monitor your progress through engaging in reflective practice.

14 December 2023

Leadership

You will consider the difference between leadership and management, and recognise your potential to lead

regardless of your position within an organisation. The workshop will explore creating and communicating vision, and different styles of leadership that can help you build and maintain trust in a team, whilst delivering the vision.

18 January 2024

Career planning and management

As you complete Springboard, we want you to look ahead and take charge of your continued development. You will explore your interests and motivations, understand who can help you and how to build relationships with them, and consider career planning – all to help you keep progressing and pursuing your interests and passions.