


Title:	Springboard for Women in Business Initiative
Implementation	
Field(s) of Action:	* Presence and Visibility
Objectives:	* Professional and personal development * Create a network
Target Group(s):	Female researchers and academic staff
Description:	<p>Springboard is an award-winning personal and professional development programme, designed and developed by women for women. It has been created to enable women to achieve their full potential at work and in their personal lives and to gain greater influence.</p> <p>Through a series of workshops and other activities, the Springboard programme helps to increase confidence and add on to existing strength. It also helps to set and achieve goals, be more assertive and to connect and share experiences with a group of women who are in a similar situation. The programme consists of five key ingredients:</p> <ul style="list-style-type: none"> * Four one-day workshops spread over three months. * A thought-provoking, lively and practical personal workbook. * The opportunity to establish a strong network with other women at Trinity College. * Talks and interaction with inspiring and relevant female role models. * A follow-up day later in the year and a continuing support system within College.
More information:	Trinity College Dublin (Ireland) Contact: gender@tcd.ie Website: https://www.tcd.ie/tangent/education/springboard/

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