Springboard Programme Outline

The WiSER Springboard Programme in Trinity has run four sessions so far, and produced a total of 60 graduates.

Workshops
Four one-day workshops form the backbone of the Springboard programme. Run over the College term and held approximately a month apart, they give participants the chance to meet other women across College and learn about dealing with their own strengths and weaknesses, and about topics such as assertiveness and goal-setting.

Workbook
Between workshops participants work through their individual workbook in their own time (approx. 3 hours per week). The workbook is complemented and supported by the workshops. It is filled with real life examples, practical advice and exercises. The main topics covered include:

- Self-assessment
- Assertiveness
- Confidence building
- Networking
- Promoting a positive image
- Setting goals
- 'Blowing your own trumpet'
- Making things happen
- Balancing home and work

Guest speakers
Each workshop includes a talk from a guest speaker who will talk about personal and professional aspects of her career development, and share any tips she has learned along the way. Guest speakers are drawn from a variety of backgrounds and careers within the University.

Follow-up day
A follow-up day is usually held six months after the conclusion of your Springboard programme. It is a chance to reconnect with fellow participants and engage in exercises and activities aimed at supporting your continued personal and professional development. WiSER also holds regular reunions for all Springboard graduates.

Springboard facilitator
Caroline Roughneen, WiSER Director, is a fully-trained and licensed Springboard facilitator.

What can I expect as a result of attending Springboard?
You can expect to:

- Develop more self-confidence and the initiative to make things happen
- Learn how to take stock of your strengths and achievements and build on them
- Increase your personal motivation and set clearer goals for yourself
- Enjoy more control and the ability to take action
- Become more resourceful
- Build a network within Trinity
Responses from participants

Here's some of what past Springboard graduates have said about their experiences:

“Excellent experience – a ‘must’ for any woman. The earlier, the better. Raised self-awareness and celebrated my positives” (Lecturer)

“Helped me evaluate my values, set goals, and encouraged me towards achieving these goals. It has also made me realise I am not alone in the things I do or the ways I think.” (Research Fellow)

“Fantastic! I wasn't quite sure what the benefits of the sessions would be but I'm glad I took the chance. As a result, I'm much more confident and focus on what's important to me.” (Research Fellow)

“A very empowering experience which has opened doors I've never been aware of.” (Lecturer)

If you'd like to get involved with Springboard, visit our website to find out more and see upcoming course dates: http://www.tcd.ie/wiser/development/springboard/

If you have any queries or would like to speak to past Springboard graduates, contact the WiSER office at wiser@tcd.ie.