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# SPRINGBOARD

## WOMENS DEVELOPMENT WORKBOOK



**Liz Willis and Jenny Daisley**

Foreword by Anne Watts, Equal Opportunities Director, Midland Bank

# Springboard Womens Development Workbook

**Liz Willis, Jenny Daisley**



## **Springboard Womens Development Workbook:**

**Springboard** Liz Willis, Jenny Daisley, 1990 Springboard helps you do what you want to do in your life and work It gives you the ideas and skills to take more control of your life and then gives you the boost in self confidence to start making things happen Springboard is for all women at work Whether you are in full time or part time employment considering employment wanting to return to work just starting out or approaching retirement Springboard helps you to be the best you can be It is packed with ideas exercises and examples that you can either work through on your own or with two or three others or as part of the Springboard Development Program It is down to earth practical and full of positive thinking and good humor with the points illustrated with cartoons and real case studies This new edition is fully revised and updated Contents include Assertiveness Setting goals What you've got going for you Finding support The world about you Blowing your own trumpet More energy less anxiety Making things happen Your personal resource bank Balancing home and work Networking Useful contacts and resources Women who have used Springboard report exciting changes in their lives including significant promotions sorting out difficult relationships getting healthy being taken seriously speaking out and generally feeling more self confidence

*Springboard* Liz Willis, Jenny Daisley, 2008-01-21 Springboard is for all women at work Springboard helps you to be the best you can be **Springboard** Liz Willis, Jenny Daisley, 1998 *Springboard Womens Development Workbook* Liz Willis, Jenny Daisley, 2001 **Springboard** Liz Willis, Jenny Daisley, 1993 *Springboard* Liz Willis, Jenny Daisley, 2009-09-01 Springboard Liz Willis, Jenny Daisley, Sue Hewitt, 2020-05-10 Springboard is for all women at work Whether you are in full time or part time employment considering employment wanting to return to work just starting out or approaching retirement Springboard helps you to be the best you can be It is packed with ideas exercises and examples that you can either work through on your own or with two or three others or as part of the Springboard Development Programme It is down to earth practical and full of positive thinking and good humour with the points illustrated with cartoons and real case studies This new edition is fully revised and updated *Springboard* L. I. Z. WILLIS, Jenny DAISLEY, 2019-08-30

**Academic Career Handbook** Baxter, Lorraine, Hughes, Christina, Tight, Malcolm, 1998-05-01 Are you planning a career in higher education an academic whose career could and should develop wondering how you can realize your potential across institutions departments and disciplines looking for a career strategy Then this timely book has been written for you Designed for those working or hoping to work within the higher education system this handbook will also be of value to those in more established positions who want to develop their own careers or want to support younger colleagues With an emphasis on supporting staff development this timely handbook offers guidance on the craft of performing five key tasks networking teaching researching writing and managing Additionally issues such as getting published networking obtaining research funding principles of teaching and assessment and seeking promotion are discussed The handbook is designed to be accessible illuminating and entertaining with useful advice and critical viewpoints juxtaposed So if you want a successfully

planned career instead of just letting it happen then this handbook is for you      **Spoilsports** Celia Brackenridge, 2002-08-26 Sexual exploitation in sport is a problem that has beset both male and female athletes privately for decades but which has only recently emerged as a public issue Spoilsports is the first comprehensive review of this issue integrating pioneering academic research theoretical perspectives and practical guidelines for performers coaches administrators and policy makers Key topics include moral panic children's rights masculinity and power making and implementing policy leadership in sport Spoilsports draws extensively on the personal experiences of athletes and those involved in sport Challenging and controversial this book represents an important step towards tackling a difficult issue It is essential reading for coaches athletes parents policy makers and all those with a personal or professional interest in sport      Breaking Through the Glass Ceilings Lesley Abdela, 1991      **The Mum's Guide to Returning to Work** Bekki Clark, 2010-09-16 The Mum's Guide to Returning to Work sets out to support women in their return to the workplace after a career break bringing up children It is an easy to read and practical book which will help women to build their confidence to choose a career to suit them to develop job hunting skills negotiate flexible working find suitable childcare and to manage the change in their lives that will come as a result of returning to the world of work It is written with the woman returner in mind using relevant examples they will relate to and quotes from women who have been there Extra chapters are included for lone parents and women from overseas An invaluable resource providing everything needed for the woman returner in one compact accessible and uplifting book Bekki Clark is a Careers Adviser Coach Trainer and Mum who specialises in working with women returners She is currently working for charity Cambridge Women's Resources Centre 10% of proceeds from this book will go to CWRC [www.cwrc.org.uk](http://www.cwrc.org.uk)      Feminist Debates Valerie Bryson, 1999-05-21 Are women still oppressed Is paid employment the key to liberation Should pornography be banned Do women have an absolute right to abortion Can women in government really make a difference This book draws on a wide range of theoretical empirical and comparative material to provide a lucid account of feminist debates and the ways in which political disagreements stem from underlying theoretical assumptions Clear and balanced in its assessment of different problems and perspectives it offers an essential guide to contemporary feminist thinking and practice      Career Counselling Robert Nathan, Linda Hill, 2005-12-15 This new edition explains what career counselling actually is why people seek it and indicates the many contexts where it is used The text describes in detail the skills tools and techniques of career counselling useful to both professional career counsellors and those for whom career counselling is just part of their work      Gender and Development, 1995      **Planning Your Career In A Week** Wendy Hirsh, Charles Jackson, 2012-03-30 Planning your career just got easier Very few of us put much effort into planning for the kind of career we want Thinking about where we are going at work is something we all need to do throughout our working lives The nature of work and employment is always changing When economic times are difficult you need to show potential employers that you have something special to offer You may also need to be more flexible in your plans New kinds of jobs

emerge all the time and many labour markets are becoming increasingly specialized This means you need to find out more about the kinds of jobs that interest you and you need to understand what employers are looking for and how people get these jobs By working through a simple series of steps and exercises you can help yourself to be clearer about what you want what your options are and how to move forward Exercises in each chapter will help you build a collection of information and reflect on what you are learning about yourself and the process of career planning as you go along Planning Your Career In A Week looks at one step in this process of career planning on each day of the week Sunday What do you want from work Monday What kind of job would you enjoy Tuesday What are you good at Wednesday Identifying your career options Thursday Collecting information Friday Making the choice Saturday Taking the first steps *Leadership in Organizations* John Storey, 2016-06-10 This third edition of *Leadership in Organizations Current Issues and Key Trends* builds on the success of the previous versions with new and updated chapters providing fresh and lively insights into a subject that can often be tricky to pin down *Leadership in Organizations* carefully balances theory and practice including critical perspectives to examine fundamental questions about the meaning of leadership its use and its development Readers will benefit from the text s rich use of cases and examples of real life tensions challenges and successful outcomes of leadership practice The book also sets itself apart through its distinctive focus on leadership within the wider contexts of politics economics and public policy as well as organizational behaviour and management New elements for this edition include The moral pitfalls of leadership Leadership roles under crisis conditions Fresh analysis of the impact of leadership on performance outcomes This is the ideal text for advanced students of leadership studies as well as practitioners looking to deepen their understanding of the leadership process and to enhance their leadership skills *Developing Women Through Training* Liz Willis, Jenny Daisley, 1992 Manual dedicado a los que quieren poner en funcionamiento un programa de formacion tanto practico como teorico para la promocion profesional de las mujeres Proporciona consejos que permiten que todo el proceso se lleve a cabo desde que se parte de la primera idea hasta la evaluacion del resultado final Paso a paso se describen los principales puntos a poner en practica en este tipo de formacion e incluye material sobre estrategias de promocion dise o e imparticion de cursos y entrenamiento de formadores El libro se completa con estudios de casos atuales de 10 organizaciones que tienen en funcionamiento este tipo de programas de formacion para mujeres *Your Career, Your Life* Rosemary Raddon, 2017-03-02 Career development must be based on an understanding both of the working context and of one s own personal needs This forms the basis of guidance given in this book which includes contributions from three other specialists in career management and organizational dynamics *Your Career Your Life* begins by exploring what work offers the individual reasons why we do it positive and negative experiences and the effects of personal and external drivers The author then looks closely at the individual s relationship with the employer organization and at global particularly technological trends in the information world explaining how to assess career satisfaction and choose techniques for getting unstuck A variety of

support and self assessment processes such as shadowing mentoring performance monitoring psychometric testing are presented to progress the reader towards actively managing choices and making moves The author guides us through the different stages of the job search and application process suggesting self development and learning methods for defining career needs whether full time freelance or part time as well as ways of assessing competencies and attributes in relation to the job market In the second part of this book Angela Abell focuses on changing employer needs the knowledge economy and the future profile and skills of information professionals Rossana Kendall quoting numerous examples offers empowering tools for creating space to think positively for developing constructive dialogues and so managing negativity and change She explores the underlying factors governing how we handle change and the other complexities of work and life and their implications for careers In the final chapter differing attitudes to change are explored by Liz Roberts with particular emphasis on senior management roles and the challenges and rewards they or the option of downshifting can bring A series of case studies highlights di      *Progress Report on Women in the Civil Service* Great Britain. Cabinet Office. Equal Opportunities Division,1995

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