

Work and Personal Development Programme for Women

Springboard's Award-winning Women's Work and Personal Development Programme now in Japan!

[Dates] 28 Sep, 19 Oct, 16 Nov, 7 Dec (4 Saturdays)
10am – 6pm

First Time
in
Fukuoka!

[Place] **AMIKAS** Fukuoka City Gender Equality Promotion Center (2F, Seminar room
A&B)
(next to Takamiya Station on the Nishitetsu-Tenjin Omuta line)

This workshop is for women from all walks of life who want to learn how to improve their work and personal life. If you are a woman living in Japan, this programme is for you—whatever your age, whatever your qualifications, whatever your nationality, sexuality or ability.

Enjoy exchanging ideas with other participants during our relaxed and friendly workshops. The workshops will be run in English and/or Japanese, depending on need.

Organised by Springboard in Japan
With support from Fukuoka City
(Fukuoka City Gender Equality Promotion Center AMIKAS)



Trainers **Naomi Yukimaru** (Associate Professor, The University of Kitakyushu)
Fiona Creaser (Professor, The University of Kitakyushu)
Christine Pearson (Perfect+Word Studios)

Participation Fee ¥19,500 (Including 350 page workbook, English and Japanese version available)

Number of Participants 20 (Women Living in Japan, must be able to attend all four workshops)

Childcare and Additional Support Please contact the organisers

Contents 【Workshop 1】 Becoming the Authentic You
【Workshop 2】 Taking Control
【Workshop 3】 Being Assertive
【Workshop 4】 Your Future

How to Apply **Deadline: 15 September, 24:00**

- ❑ You can apply through **our website** (<https://www.springboardinjp.org/>). Find us on Facebook and Twitter (springboardinjp)!
- ❑ Inquires: springboardinjp@gmail.com
- ※ Applicants will be chosen by lottery if numbers exceed the quota (20 women).
- ※ Any personal information submitted by participants will only be used within the scope of this programme and shall not be used for any other purpose.

