

# Sprint

women's development for undergraduates

The Sprint Programme is a fantastic opportunity for women students, from all backgrounds, ages and stages in their lives and study, regardless of their subject, department or career aspirations, to take hold of their personal development and achieve their ambitions.

**NB – Graduate students are also eligible to attend this course.**

Across 3½ action-packed days, the programme covers a range of key development topics, with the aim of helping you to:

- extend your personal power and influence
- identify your values, attitudes and direction
- manage your time effectively
- learn how to be appropriately assertive
- build your image, networking skills and confidence
- engage with inspiring role models and industry professionals

Following the popularity of previous Sprint Programmes, two Sprint Programme courses, co-sponsored by Microsoft, Shell, and L.E.K. Consulting will be on offer at Newnham College over the Christmas vacation.

**Course A** will run from Sunday 3 December 2017 to Tuesday 5 December 2017, with a follow-up day on Saturday 20 January 2018.

**Course B** will run from Sunday 14 January 2018 to Tuesday 16 January 2018, with a follow-up day on Saturday 3 February 2018.

Bookings will open in mid-October. For more information and to apply for a place on either course, please visit <http://www.newn.cam.ac.uk/student-life/support/career-development/the-sprint-programme/>

Please note places are limited. A £50 deposit, refundable on completion of the programme, is required.

