

Sprint

women's development for undergraduates

The Sprint Programme is a fantastic opportunity for women undergraduates, 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.

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
- work with a mentor (provided by sponsoring companies) to continue your personal development and ensure you achieve your goals

Co-sponsored by The Royal Bank of Scotland, Shell, and Capita, **The Sprint Programme** will be held at Newnham College. Workshops 1-3 will be on on 12th - 14th January 2014 and Workshop 4 on 13th March 2014.

For more information and to apply for a place, please visit <http://www.newn.cam.ac.uk/about-newnham/the-sprint-programme>

Deadline for applications: Friday 29th November 2013

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

 **RBS Group**



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