Mothers' Springboard

The Mothers' Springboard Programme

Free 10-week programme · Starts 26 January 2027

Register by 5 January

Are you a mother facing financial pressure while carrying the responsibilities of parenting? Do you want to create a working life that works for you?



From surviving to *thriving.*

A free 10-week programme **empowering mothers across London** to build confidence and move forward. Built by mothers for mothers.

100%	85%	62%
reported increased confidence	attended all or most sessions	chose employment

Results from our 2025 cohort

Online from home • **5 fortnightly** workshops on Tuesdays 10am to 12noon • **1:1** coaching

What you'll *walk away with*

Confidence and Identity

- Reconnect with yourself.
- Recognise your strengths, values and unique qualities.
- Take purposeful steps towards the life you want.

Work, Education/Training and Business

- Explore your skills, interests and career aspirations.
- Get practical support with CVs, LinkedIn, education/training and business planning.
- Plan your next steps.

Money Management

- Build confidence in managing your money.
- Develop budgeting and everyday financial skills.
- Explore ways to create greater financial stability for yourself and your family.

An Ongoing Community of Mothers

- Share experiences and ideas in a safe and non-judgemental space.
- Build connections that continue beyond the 10-week programme.

Plus: an end-of-programme celebration social to receive your certificate, network and celebrate.

"This is a 'MUST' programme for any mother."

Aina, mother of 2

Places are limited

Register *now.*

Take your next step and make it a life-changing one.

mothers-springboard.co.uk/sign-up

Scan to register

hello@mothers-springboard.co.uk

Registered charity 1205024

COMMUNITY FUND