



Sylvia Henderson is Founder and CEO of **Springboard Training, LLC**. Her career spans more than 30 years through corporate

training & development, client services, and management roles practicing the leadership, communication, and motivational skills she presents in her programs. She works in and with **major technology companies, government agencies, small businesses, associations, non-profits, and educational organizations**; serves on nonprofit Boards of Directors; and is Past-President of both national and professional associations. As an **Interpersonal Skills Expert**, Sylvia helps you show you are as great as you say you are.

Individuals and organizations who want their **"people images" (interpersonal skills) to match—or exceed—their organizational images** work with Springboard Training to **increase their bottom lines, gain more clients or members, and achieve higher levels of personal & professional success.** Sylvia facilitates workshops & training programs, keynotes, develops educational tools, and produces program-related materials **based on the most appropriate solutions for your staff and personal development needs.**

Principles of adult learning are integrated into programs that **actively engage participants in the learning process.** Training aids and experiential techniques generate interest and emphasize, retain, & apply key concepts. Sylvia weaves her avocation as a motorcyclist into analogies and metaphors tied to business messages.



"Your springboard to personal and professional development!"

Achievements

- Host, "Think About It!" Television Program, MMC-TV16, Montgomery County, MD (www.ThinkAboutIt.TV)
- Founder & Executive Director, Success Achievement Foundation
- Past-President, National Speakers Association—DC Area
- Chapter Member-of-the-Year, NSA-DC
- DTM-Level Toastmaster, Toastmasters International
- Certified Instructor of Trainers, Girl Scouts of the USA
- Past-President, Women On Wheels™ Motorcycle Association
- Multiple "100-Percent Club" + "IBM Means Service" recognitions
- Graduated college at 19 years of age; earned MBA at 21

Education

- University of Pittsburgh ("Pitt"), Pittsburgh, PA. Masters of Business Administration (MBA)
- Cheyney University, Cheyney, PA. Bachelor of Sciences, Education (BS Ed)

Affiliations

- National Speakers Association (NSA and NSA-DC)
- American Society for Training & Development (ASTD)
- Toastmasters International
- Girl Scouts of the USA
- Montgomery County (MD) Chamber of Commerce

Contact Information

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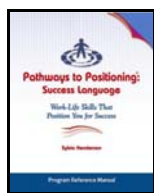
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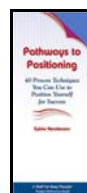
Blog: <http://Blog.SpringboardTraining.com>

Download **resources you can use immediately** and register to **receive monthly content.** Arrange a **FREE ½-hour consultation** with Sylvia to **determine how best we can work together** to address your needs.

Personal and Professional Development Tools Developed by and Available from Springboard Training



"Pathways to Positioning" Program Reference Manual



"Pathways to Positioning" Pocket Reference Book



Reference Cards, Books, CDs, and Other Self-Paced Learning Tools

All tools and resources are available at <http://www.springboardtraining.com/products/invest-success>