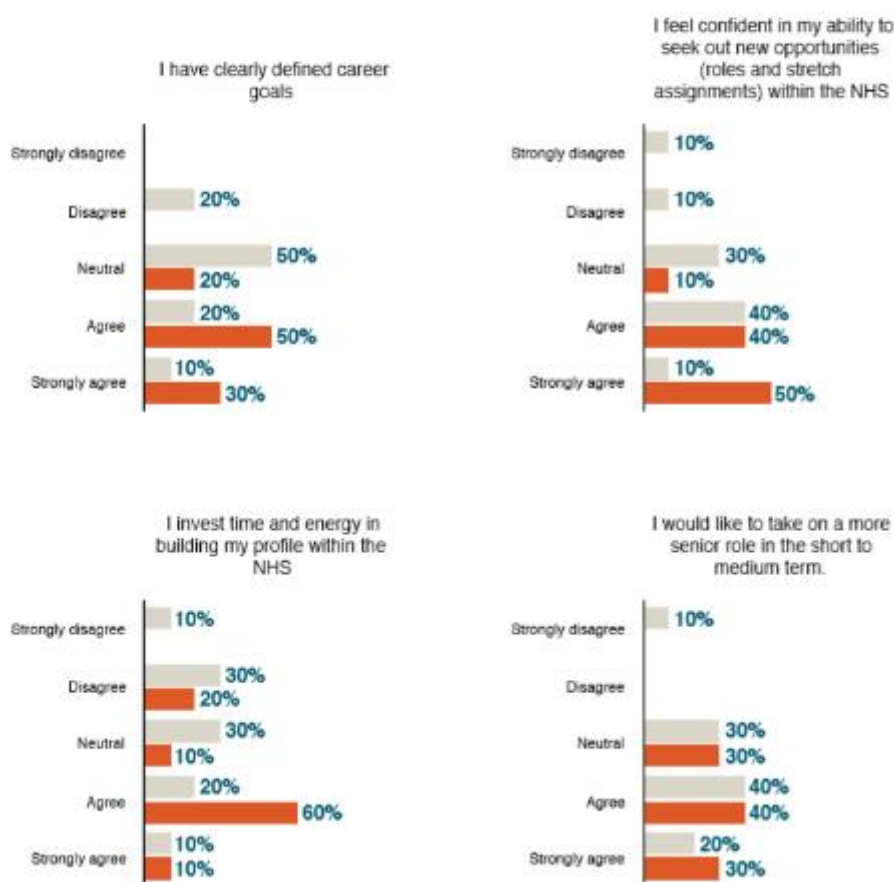


MOVEMENT

Participants' self-reported movement was measured before and after the Ascend program, using their level of agreement with the following statements.

PRE-PROGRAM
POST PROGRAM



"Attending Ascend will awaken your potential. You will discover just how skilled, how knowledgeable and how talented you already are - but have not realised it. You will focus on your unique strengths and you will gain amazing insights and practical skills to take you to the next level of leadership. You will discover that you will become more fully yourself. Your energy and enthusiasm for your work will increase and you will find yourself seeking out further leadership opportunities."

Programme Participant; Ascend 2018

"Ascend has given me knowledge of myself and skills that have set me up to tackle whatever challenge comes my way, and the courage to accept challenges I would previously felt were beyond me"

Programme Participant; Ascend 2018