



Crossing Thresholds

What do you really want from your career?

Crossing Thresholds is a career development programme that works.

Over the course of a year participants learn how to define what they want from their careers and lives - and how to achieve it - in a structured and supportive environment, underpinned by powerful mentoring partnerships.

76% of women who complete our flagship Crossing Thresholds programme are promoted or move to a more satisfying job within a year.

Includes

- ✓ Career goal-setting and planning
- ✓ Getting the balance right
- ✓ Succeeding at interviews
- ✓ Communicating with impact
- ✓ Positioning for success



“One year on, I’m in a role that I would simply never have applied for were it not for Crossing Thresholds, and I’m truly enjoying it”

Steph Rhodes - Head of Policy and Strategy, Forestry Commission

Crossing Thresholds

A powerful year-long programme that delivers results

Five themed modules, dedicated mentoring partnerships, peer support groups and individual assignments help each person develop the skills and confidence they need to achieve their individual career goals.

This foundational work has far reaching impacts; challenging, inspiring and stretching participants to think freshly about their careers and how they want to move them forward.

The supportive yet challenging environment enables participants to question their own and others' self-limiting assumptions. Thresholds guide mentors and mentees on how to maximise the value and benefit of the partnerships over the duration of the programme.

“One of the lasting legacies from Crossing Thresholds (apart from an excellent mentor who still supports my career) is the extra motivation and increased resilience to apply for roles which really appeal.”

Sarah Chidgey - Chief Executive's Group, HMRC

Cost: Prices start at £1,600 +VAT pp
We can cater for groups of 12-18 people.



About Thresholds

Thresholds is the leading provider of effective and affordable career support programmes for the UK public sector. We work with individuals and organisations to unlock potential at all levels.