

THE SPRINGBOARD GROUP, INC.



REVEALING THE OPPORTUNITIES IN LIFE'S TRANSITIONS

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It is my belief that change and transition create opportunity. I also believe that human beings are social animals that are not meant to “go it alone” - from those beliefs LaunchingNewLives.com was born.

During times of crisis, challenge and change people are in need of guidance, resources and information. Launching-NewLives.com provides all of this.

Especially as the world becomes a more complex and scary place, a resource for people dealing with the complexities of life becomes even more important.

As new technologies are developed our lives seem to get busier, with more demand and stimuli coming in from so many different direction and sources. Time is a commodity that we have not yet found a way to increase and therefore we are all limited to only 24 hours in a day to manage our lives, including personal relationships, work and chores and responsibilities.

Having one source, where all of the tools and resources that are needed to cope with a crisis or change in your life situation, is invaluable. The peace of mind that comes from knowing you can trust the information and resources, as well as the pleasure of know how much time was saved in not having to seek out information from so many sources, is what makes this tool such a success.

Please find enclosed the highlights and background information on Springboard™ and LaunchingNewLives.com

Questions, press coverage inquiries and comments are welcomed.

Sincerely,

Janice Burroughs, President

It feels better to have the safety net of professionals available to you than to join a group of people all trying to find the light at the end of their individual tunnels. This process would be much more difficult for me if what you do had an (support group)feel to it. The fact that the assistance you provide is tailored to the needs of each individual at exactly where they are in their journey would seem to me to be a great deal more likely to help a person get to where they need to be.

- From a client in 2008 re: Individualized Transition Services

Recognize...that you or someone close to you needs assistance with a life transition

Respond...to the many complex issues in life transitions

Restore...begin to heal, make wise decisions

Renew...combine your experience with new information and skills and create the next chapter of your life!

HISTORY & BACKGROUND

Our Mission: Helping People Successfully Navigate Life's Transitions

Springboard™ is an innovative and interactive approach to better managing life transitions. We all experience “dips” or low points in our journey, it is simply part of life. Even when expected, losses can make it hard to cope and heal. But like a springboard, this downward phase eventually unwinds, releasing the potential to reach even higher than before. You can capture the energy of change and use it to create you new life.

A critical piece of a successful transition is securing expert advisors, as decisions you make will permanently shape your future. Our team of advisors are not only competent, but compassionate, and collaborative members of Springboard Connects™.

Even in divorce or widowhood, there are opportunities hidden behind grief and distress. We help you identify issues and options, select experienced professionals, and develop a strategic Transition Life Plan. Our educational resources, books and articles, let you tap expert knowledge to assume new roles and responsibilities with confidence.

Springboard™ membership packages our own Transition Points™ Program, newsletter, online support, and more.

Begin restoring and renewing your life in ways you may not have dreamed possible. Take the next step and join us today.

Ownership: VA S-Corporation, 1 Shareholder: Janice Burroughs. Board: Greg Doepke CFP AEP, mAnn Deaton PhD PCC, John F. Ames, CPA

The Springboard Group™ grew from the creative vision of Janice Burroughs, Greg Doepke and Ann Deaton - who recognized the lack of coordinated resources in facilitating life’s inevitable transitions. In 2007, they formed The Springboard Group, Inc. to develop a network of experienced professional providers and become an innovative collaborative resource to better manage life transitions.

“Janice and I met as she was seeking to reap the deeper meaning of recent devastating life experiences. As we worked together her purpose as an innovative healer became apparent. Janice’s obvious strength is to use her hard-won wisdom to inspire and empower others to grow through gaining fresh new perspectives on what is possible in terms of living a rich and rewarding life. Once life falls apart, what’s next? Janice herself shows up for her life and strives towards its highest potential and she’s just the guide to help you turn your path of major life transition and into one of unimaginable transformation.”

- Ronelle Coburn, Author: Destiny at Your Fingertips - Update: Interviewed on the Today Show, Jan. 24 2009

BIOGRAPHY OF PRESIDENT & FOUNDER

Janice Burroughs, BS, PT, President and Founder



In 2006, I founded The Springboard Group™ with Ann and Greg. More than a career change, I felt an overwhelming urgency to develop a new approach for those (especially women) experiencing unplanned or difficult mid- life transitions. I was a divorced-widow, raising a child with aging parents living out of state. My health care career had suddenly ended and I realized these experiences had pointed me to a new life purpose. I had seen first hand how fragmented current services are, and how life can change so quickly; the challenge was to use my skills, talents, knowledge and experience in service to others, and reinvent my life in the process! So what brought me here? More about my background...

A UNC- Chapel Hill graduate, I married at age 22, and practiced physical therapy for several years. As I assumed progressively challenging leadership roles in healthcare organizations in the Southeast, we eventually relocated to Richmond in 1987. In 1993, we had a daughter and I began the balancing act of being a Mom, a full time corporate vice president, the spouse of a corporate executive director, and only- child of aging parents living out of state. The next few years now seem a blur of normal daily life, but “that was all about to change”...

Business and staff development have permeated my work life, and been areas of strength. Enhancing this experience with personal coaching training, I began to envision utilizing my natural talents and interests, business skills and life experiences in a more fulfilling and creative way. As my daughter entered middle school, my corporate executive life was overshadowed by family needs and my personal desire to explore a less structured, creative and balanced life. I personally survived several major life transitions, one often overlapping the next. The “universe” seemed to be giving me an advanced education in adaptability, acceptance, and resilience, and learning to trust myself! Tough life lessons were steering me towards a more authentic life purpose; I began to see they were intended to reach beyond me, my friends and family, and now appreciate those experiences as building my “life resume”.

Today, my work life blends my most authentic qualities, interests, natural talents, work skills and life experiences, while balancing my personal responsibilities (most of the time!). At mid life we begin to explore ways to have a broad and lasting impact. I enjoy mentoring others from personal experience; it is like helping people plant seeds for a new, enriched life that will grow long after this current experience of loss.

Ironically the pain of loss stimulates tremendous personal growth, and an awakening to the chance to purposefully shape your future. This has been true for me; I invite you to join me in using your own transition points to “reveal opportunities” to create your new life!

Contact Janice at Janice@LaunchingNewLives.com.

“(Barbara) putting me in touch with you still feels like a kind of miracle. “I have come to feel that you are really there for me, that you care. It is truly comforting and I am grateful. Okay, so I’m gushing. I just wanted you to know how important, how very helpful, your services have been thus far.”

- Client in 2008 / 2009

WHAT SPRINGBOARD OFFERS

Individuals:

- **Resource Packages of educational resources packages for three types of life challenges: divorce, career/job transitions and helping with estate issues**
- **Membership Package (individual or group) \$97 per year include**

Transition Points™ a 12 month program of coping strategies and support for life challenges, delivered via email in the comfort and privacy of your home. Information and inspirational support, book reviews, and action steps to support growth and renewal.

Topics are those common to any life transition, such as managing fear, forgiveness, communication and more. Authors: Janice Burroughs, Springboard founder, Ann Deaton, PhD, PCC co-founder.

Tuition-free educational teleclasses, member articles and reports

Springboard Simplifies Network and Affiliates help you leverage time, energy and resources in managing daily life and responsibilities.

- **Tools and Resources:** Products, services and links for these common transitions:

Career transitions. Even when personal transitions are positive, and self-initiated, they represent a period of change that can be overwhelming. Periods of transition offer wonderful opportunities for personal growth.

Personal loss, such as the death of a loved one, Many decisions that follow a loss experience have to be made while grieving. This complicates the process of making informed decisions, and highlights the need for emotional and informational support.

Divorce impacts almost every aspect of life; dissolving a marriage is like dissolving a business. Information (teleclasses, articles) to help make informed decisions, and support to grow

- **Transition Services (planning and consulting assistance)**

Complex needs require personalized assistance with planning and/or managing a life transition. Springboard accepts private clients who need consulting services on a fee for service basis. Transition Services are valuable for complex business and financial issues or significant assets, when having a managed, coordinated team approach is both wise and cost-effective.

Transition Services can help with time-consuming aspects of referrals to professional advisors, appointment preparation and scheduling, coordinating communication between advisors and appointments, and tracking and reminders for task completion.

On-going assistance by phone, email or in person is available for short-term or extended periods, and fees are based on the specific services requested.

WHAT SPRINGBOARD OFFERS

For Professionals

- a. **Springboard Connects Network:** Combining your experienced services with other like-minded providers, you co-create a network of services much broader than your practice alone.
- b. **Services for clients:** Clients facing major life transitions such as a divorce, coping with a death of a loved one, or career loss, have complex and emotional challenges lasting months or even several years. Some of their needs may extend beyond your practice, yet definitely impact your success in working with them. Springboard™ fills the gap
- c. **Sponsorships:** professionals and organizations may purchase sponsorship packages for marketing and support of Springboard's programs, educational resources, and community recognition.

For Employers

Retention of good employees over the long term is in everyone's best interest, as replacement is costly and disruptive. Yet, the interests of the organization may be strained while an employee copes with and manages a period of personal life challenge.

Springboard's Life Management Resources program offers support via informational reports, newsletters, teleclasses, web-based self study programs and downloadable MP3 recorded classes. Employees can access our resources from home, while traveling, during work breaks or outside of work. The program can complement traditional EAP and wellness programs as a life transitions support benefit. Program is extremely affordable, and available on a corporate contract basis.

Free Resources

Available on the website:

- Articles by Network providers
- Complimentary Monthly online newsletter, Springboard Connections™
- Helpful links to other organizations serving those in transition
- List of recommended books by topic
- Suggestions for Family and Friends of those in transition

Affiliations for community groups and organizations (service, faith-based, etc.)

"I love the team approach! It is good to hear and receive the various perspectives to strategize the best options.....a great way to accumulate the information (for her) to make smart decisions. ...it was good for me to hear the various issues that she is dealing with - it helps to put the picture together as well as consider any tax impact."

- Tax Accountant, Richmond, VA

"...THANK GOD FOR SPRINGBOARD AND JANICE!"

- Barbara, VP, Richmond Va Bank



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Who We Help:

Individuals and Families

Our memberships and consulting services support:

- adult children with older parents in transition
- individuals or couples planning for, or facing life transitions
- family, friends, and professionals working with those in transition

Groups and Organizations

We offer group and affiliate memberships to:

- professional and civic organizations
- employers
- faith-based organizations
- groups who wish to support their members during transitions.

NETWORKS

Springboard™ Connects network of independent business, legal and financial professionals

- estate and family law
- mediation and collaborative law
- personal and tax accounting
- financial advising and planning
- private banking
- trust administration and management
- divorce financial planning
- real estate
- mortgage brokerage
- insurance and
- coaching and career counseling.

Why so many different types of professionals?

Whether a divorce, a death, or life planning and preparedness, our lives cross many professional subspecialties, with specific regulatory guidelines, ongoing updates by governing and professional bodies, ever-changing laws, and sub-specializations. This complexity demands careful consideration in selecting advisors; life transitions are not the time to “wing it”, rely on amateurs or friends, or risk mistakes that result in additional losses.

Network criteria include:

- minimum of three year's experience professional experience
- professional references of competence in their field
- most are accomplished contributors in their profession
- active in community volunteerism
- all applicants who meet our criteria are interviewed by Springboard™ prior to receiving an invitation to join

(2) Springboard Simplifies Network of Businesses and Services a life simplification network dedicated to helping you leverage time in managing daily life, decrease stress, and successfully assume new roles and responsibilities. Depending on the business, services may include flexible hours, delivery, special member pricing, special packages, or other strategies. Each provider has been screened, interviewed, had customer references checked, and shares our philosophy of providing competent, compassionate services. Examples: Senior moving, bill paying service, home contractor network.