



IRD Duhallow

Duhallow Rural Action for Women

Equality FOR Women

MEASURE 2010-2013

IRD Duhallow is delighted to announce that it has been awarded funding through the Department of Community, Equality and Gaeltacht Affairs and the European Social Fund supporting the Equality for Women Measure 2010 – 2013.

This grant will support IRD Duhallow to provide centred supports to women in training and personal development which is vital in terms of enhancing women's skills and importantly enhancing women's access to employment.

Importantly these courses will have the facility of transport provision and also the costs of childcare facilities may be allocated for the duration of a persons stay on the course.

This training will be primarily targeted at women who are:

- Newly unemployed.
- Women who may have left the workforce but are now preparing to return to employment.
- Long term unemployed women.
- Women who may also be seeking to up-skill within their own employment.
- Women parenting alone.
- Women with disabilities.
- Carers.
- Women engaged in home duties.
- Newly located women to the area.
- Migrant Women.
- Those on low income or unemployed.

For more information on any of the above please contact Mary McHugh on **029 60633**

PLEASE TURN OVERLEAF FOR THE TYPES OF TRAINING TO BE PROVIDED ►



Workshops:

- **Career Decision Workshop:** Effective Ways to Search for that Job!
- **Presentation Skills:** How to make that pitch for employment!
- **Interview Preparation:** to include colour me beautiful!

Training Courses:

- **Reception and Communication Skills:** Reception Skills for the Modern Office.
- **Personal Effectiveness:** Career Guidance, CV Preparation, Interview Practice and Advice.
- **Retail Sales and Selling:** Retail Sales Techniques; Principles of Customer Care; Support Skills.
- **Worklife Balance for Employment:** Cooking on a budget, Preparation of Healthy Meals considering time constraints, Healthy Eating.

Guidance/Mentoring/Exploration of Options:

Structured Guidance/Mentoring and Exploration of your options on completion of the above training courses.

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