

IRD Duhallow

Training Courses

FOR

Women



IRD Duhallow is delighted to announce that it has been awarded an Extension to Year 2 of funding under the Equality for Women Measure (EWM) 2010-2013 which is funded by the European Social Fund (ESF) through the Human Capital Investment Operational Programme 2007-2013 and the Department of Justice and Equality.

This grant will support IRD Duhallow to provide training and personal development supports for women which will enhance women's skills and importantly enhance women's access to employment.

IMPORTANTLY
Transport and Childcare may be supported where required for the duration of a persons time on the Training.

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.
- Women who have recently moved here.
- Migrant Women.
- Those on low income or underemployed.

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

Transport and Childcare may be supported where required.

IRD Duhallow has recently been awarded funding through the Equality For Women Measure to provide the following supports:

Training Courses:

■ **“GrowYour Own” Training Course:** This course will give participants the information and knowledge needed to grow successfully. It will run for one morning per week for eight weeks commencing 6th September 2012 to 25th October 2012 from 10am to 12pm.

■ **Personal Development:** An eight week Personal Development training programme will be delivered which will include some of the following: Positive versus Negative Thinking, Developing Self-Esteem, Communication Skills, Anger Management, Listening to your Intuition etc. This course will run from 6th September 2012 to 25th October 2012 from 7pm to 9pm.

■ **Worklife Balance for Employment:** Cooking on a budget, Preparation of Healthy Meals considering time constraints, Healthy Eating will be explored and a variety of recipes will be delivered. This eight week course will run from 7th September to 26th October from 10am to 12pm.

■ **Information Computer Technology Training:** A twelve week computer training course will be delivered which will provide the learner with an understanding of the computer and its environment. This course will give participants practical experience in data entry skills, word processing, file management and the use of the Internet. This course will commence on September 4th 2012 from 7pm to 10 pm.



IRD Duhallow

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