

IRD Duhallow Training Courses FOR Women



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

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 allocated 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.
- 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:

- **Effective Job Seeking Strategies**
- **Interview Preparation Workshop** to include Colour Me Beautiful



Training Courses:

■ **Grow Your Own Training Course:** An eight week Training course on how to Grow Your Own Fruit and Vegetables will be delivered over the Autumn period. This programme will be open to women who are interested in growing their own fruit and vegetables and it will give participants the information and knowledge needed to grow successfully – what to grow, when and how to grow it. Modules will include planning a kitchen garden, crop rotation, sowing seeds and manuring, growing under cover; weed control etc.



■ **Personal Development:** An eight week Personal Development training programme will be delivered which will include the following modules: Positive versus Negative Thinking, Saying No, Developing Self – Esteem, Rights and Responsibilities, Communication Skills, Conflict Resolution, Anger Management, Listening to your Intuition, Management of Feelings.



■ **Start Your Own Business:** A twelve week training course for women interested in Starting their Own Business will take place in the Autumn period. This programme is designed to provide participants with the skills required to start a business and the knowledge to understand the issues involved in doing so. It will provide the learner with real life experience of investigating and evaluating a business idea.



■ **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.

■ **Information Computer Technology Training:** A 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.



Guidance/Mentoring/Exploration of Options:

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

IRD Duhallo

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above please contact Mary McHugh

on 029 60633



Ireland's EU Structural Funds
Programmes 2007 - 2013

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and the European Union



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