

# 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 supporting the Equality for Women Measure 2013/2014. The Measure is supported by the European Social Fund (ESF) under the Human Capital Investment Operational Programme 2007-2013.

*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 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.
- Newly located women to the area.
- Migrant Women.
- Those on low income or unemployed.



Department of Justice and Equality  
Programme 2013 - 2014  
Equality for Women Measure



EUROPEAN SOCIAL FUND  
Investing in your Future



Human Capital Investment Operational Programme  
Investment in your Future



Government supporting community

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

Transport and Childcare may be supported where required.

## Training Courses:

■ **Supervisory Management - FETAC Level 6:** This course is for women who wish to seek employment at this level. This course will equip women with essential knowledge to strengthen and develop their supervisory management skills and participants will learn how to promote good practice in planning, managing and delivering a quality service. The modules that will be covered include Quality and Customer focus; Organising and Prioritising; Strategic Planning and also Change Management.

■ **Occupational First Aid - FETAC Level 5:** This programme will cover First Aid in the Workplace; Patient Assessment; Respiratory Emergencies; Cardiac First Response; Wounds and Bleeding; Altered Levels of Consciousness; Musculoskeletal Injuries and Burns, scald, chemicals and electric shocks.

■ **Information Computer Technology Training - FETAC Level 4:** 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.

■ **“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.

### Guidance/Mentoring/Exploration of Options:

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



## IRD Duhallo

James O'Keeffe Institute, Newmarket, Co.Cork  
Email: [duhallo@eircom.net](mailto:duhallo@eircom.net)

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

on 029 60633



Ireland's EU Structural Funds  
Programmes 2007 - 2013  
Co-financed by the Irish Government  
and the European Union



EUROPEAN SOCIAL FUND  
Investing in your Future



AN ROINN DIL AGUS CRT AGUS COMHIONANNAS  
DEPARTMENT OF JUSTICE AND EQUALITY



pobal  
government supporting communities