



‘Caring for Our Well-being’ Specialised Tutor Training Course 2022

Blended

January – November 2022

Schedule

Eleven day-long workshops (in-person); 28 evening sessions (Thursdays) – all on-line; 12 learning group (on-line) meetings.

Part One – Main Focus: Personal Grounding

Ev Sessions	Date & Session No.	Course Element	Proposed Facilitators	
	#1 Day-long workshop: Saturday 15 January	Course Opening; introductions; outline of course structure Group Agreement/ group process; form learning groups	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	Full Training Team to attend morning session if possible.
		Caring for Our Well-being - Personal Grounding Exploring ‘wellness’ & ‘distress’, responsibility & recovery	Geraldine O’Connell & Teresa Hughes	
1	20 Jan	Caring for Our Well-being - Personal Grounding Foundation Stones	Geraldine O’Connell & Teresa Hughes	Learner Group Meeting #1
2	27 Jan	Caring for Our Well-being - Personal Grounding What is in our well-being treasure chest?	Geraldine O’Connell & Teresa Hughes	
3	3 Feb	Caring for Our Well-being - Personal Grounding Sharing resources for well-being; what I am like when I am well;	Geraldine O’Connell & Teresa Hughes	
4	10 Feb	Caring for Our Well-being - Personal Grounding developing my daily ‘Caring for My Well-being Plan’	Geraldine O’Connell & Teresa Hughes	

	#2 Day-long Workshop: Saturday 12 February		Play Acting Workshop	Kieran Ryan	
5		17 Feb	Caring for Our Well-being - Personal Grounding What threatens my well-being? Planning a response to threats and triggers; recognising early warning signs & planning a response to early warning signs	Geraldine O'Connell & Teresa Hughes	
6		3 March	Caring for Our Well-being - Personal Grounding When things are breaking down – recognising and planning a response; when things are in crisis – recognising and planning a response. Guest Speaker	Geraldine O'Connell & Teresa Hughes	Midterm
7		10 March	Caring for Our Well-being - Personal Grounding Review of learning from this section of the course	Geraldine O'Connell & Teresa Hughes	

Part Two – Main Focus: Working with Groups

	#3 Day-long workshop: Saturday 12 March		Part 1 Close of Part One	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	Possible Guest Speaker(s): Mental Health Services/ Service Users
			Part 1 SHEP Approach to Facilitation #1	Liam McCarthy & TBC	
8		24 March	SHEP Approach to Facilitation #2	Liam McCarthy & TBC	
	#4 Day-long workshop: Saturday 26 March		Art therapy-type approaches suitable for group-work	Terri O'Sullivan	
9		31 March	SHEP Approach to Facilitation #3	Liam McCarthy & TBC	
10		7 April	SHEP Approach to Facilitation #4	Liam McCarthy & TBC	

	#5 24 April (SATURDAY AFTER EASTER SAT)		Assertive Communication & Well-being – How does this apply to me and how can I facilitate others to develop knowledge, awareness & skills in this area? The wisdom of emotions	Marian Crowley & Pat McCarthy	
11		5 May	Truths needing to emerge	Marian Crowley & Pat McCarthy	
12		12 May	Making yourself known in your needs, hopes, visions for yourself	Marian Crowley & Pat McCarthy	
13		19 May	Making yourself known in your limits and boundaries	Marian Crowley & Pat McCarthy	
	#6 Day-long workshop: Saturday 21 May		Part 1 Stress Management & Wellbeing – how does this apply to me and how can I facilitate others to develop awareness, skills and knowledge in this area? Agreeing Summer Individual Research Topics – Each Learner group working on an agreed theme.	Aine Finn & Patsy Hannon	<i>During the summer break participants will complete an individual research on an aspect of stress management with support from their learning group</i>
14		26 May	Closing/Review Session – before Summer Break...	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	
<i>During the summer break participants will complete an individual research topic with support from their learning group which will meet four times during the summer break. and present this to the full group,</i>					
15		1 Sept	Stress Management (inc Learner Group 1 Research presentations)	Aine Finn & Patsy Hannan	
	#7 Day-long workshop: Saturday 3 rd Sept		Stress Management & Well-being (inc Learner Group 2 Research presentations)	Aine Finn & Patsy Hannan	
			Half Day workshop – Dance	Geraldine O' Connell	
16		8 Sept	Stress Management & Well-being (inc Learner Group 3 Research presentations)	Aine Finn & Patsy Hannan	
17		15 Sept	Stress Management & Well-being (inc Learner Group 4 Research presentations)	Aine Finn & Patsy Hannan	

Part Three – Main Focus: Facilitation Practice

18		22 Sept	Group process & prep. for educ. design	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	
	#8 24 Sept Day-long workshop: Saturday		Educational design Participants will design i) a session – for the training group and ii) a course for a particular target group.	Mary Mangan & Geraldine O' Connell	
19		29 Sept	Facilitation-on-the-hop	Mary Mangan & Geraldine O' Connell	
20		6 Oct	Facilitation practice First pair presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
21		13 Oct	Facilitation practice Pair two presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
22		20 Oct	Facilitation practice Pair three presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
	#9 Saturday 22 October Day-long workshop:		Compassionate Presence	Liam McCarthy & Bernie Jeffrey	
23		27 Nov	Group process	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	Midterm break –no session on Wed 3 Nov
24		10 Nov	Facilitation practice Pair four presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
	#10 Saturday 12 Nov Day-long workshop:	Course Design Presentation Day		Mary Mangan & Geraldine O' Connell	
25		17 Nov	Facilitation practice Pair five presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
26		24 Nov	Facilitation practice Pair six presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
27		1 Dec	Facilitation practice Pair seven presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
28		8 Dec	Facilitation practice Pair eight presents course design & facilitates session from course	Mary Mangan & Geraldine O' Connell	
	#11 Saturday 10 December Day-long workshop:		Review of learning from course; course end. & Celebration	Rosarie Coleman, Jim Sheehan & Geraldine Flanagan	Full training team, if possible

Individual end-of-course assessment meetings with participants: Mary Mangan & Geraldine O'Connell