



# FACILITATING GROUPWORK FOR COMMUNITY, VOLUNTARY & PEER WORKERS

## IN-PERSON KILKENNY

### An innovative & experiential 60 hour Continuing Personal & Professional Development (CPPD) Training

For individuals working in the  
Community & Voluntary Sector or Public sector.

#### Dates & Venue

Mid September 2024- January 2025  
5 evening sessions (tbc Kilkenny city)  
Four day-long workshops (Saturdays in KK)  
One non-residential weekend in Kilkenny  
One residential weekend (Sat & Sun) Tullow  
Sept 11th - 3 hrs  
Sat Sept 28th - 6 hrs  
Oct 2nd - 3 hrs,  
Oct 12th - 6 hours, Oct 13th-6hrs  
Oct 23rd - 3 hrs  
Nov 20th - 3 hrs  
Saturday Nov 30th - 6 hrs  
Dec 4th - 3 hrs  
Sat Jan 11th - 6 hrs  
Residential wknd Tullow Jan 25th & 26th - 15hrs



Healthy  
Kilkenny

'The Healthy Ireland Fund supported by the Department of Health'

'This course offers participants the opportunity to discover more about themselves and how they relate with people and to develop their capacity to facilitate effectively in group settings.'

#### Course Aim

To offer community, voluntary and peer workers the opportunity to deepen their understanding of themselves, groups and systems, thus enhancing their capacity to facilitate groups effectively and creatively.

#### Methodology

Experiential Learning is the methodology used throughout the course.

#### About this Programme

This programme is:

- A nurturing shared experience in a supportive, reflective environment
- A safe, confidential and reflective space
- An opportunity to avail of support
- Independently facilitated

#### Course Objectives

To give participants the opportunity to:

- Enhance their personal growth & development
- Connect more deeply with themselves & others
- Empower themselves to access their skills in group facilitation
- Explore, understand and support themselves to live from the holistic model of health
- Discover how their own well-being creates opportunities for maximising their potential to support others to reach their potential and be well
- Explore resilience: how they can support themselves and care for their well-being
- Explore opportunities for creativity & growth



Rialtas na hÉireann  
Government of Ireland



# FACILITATING GROUPWORK

**KILKENNY**  
IN-PERSON

This CPPD programme offers participants the opportunity to explore how they relate with themselves in a way that supports their well-being, drawing on an experiential approach.

## INDICATIVE COURSE CONTENT

The course will be customised to the needs of the group. Topics covered may include:

Self-Awareness; personal values; communication; feelings; holistic well-being; resilience; reflective practice; cultivating curiosity, compassion and courage; self-care in the workplace; exploring resistance; empowerment; working creatively with groups; understanding systems; decision-making; leadership; and creativity and growth.

## Feedback from participants on 2023/24 programme

*"I am delighted I took part in the personal and professional development course". I met a lovely group of like minded women , we connected and supported each other. The course was well structured and the content was very relevant. The facilitators created a safe space to learn new facilitation tools and to discover a little bit more about ourselves. I gained a lot of confidence by doing this course."*

*Sandrine Dunlop*

*"From attending the course, I have completely turned around how I facilitate groups, it gave me great knowledge and new skills, and I will continue using them. Completing this course was of great worth, not only in facilitating but also in my everyday work" - Siobhan Mahony.*

*"As a practitioner, on completion of this course I now have a greater understanding of myself as a facilitator and of the experience of myself and others within a group setting. The course changed my perspective and my expectations of myself and others. I am more confident in my work and I now make space for self care. look forward to training at some point in the future" - Sarah Bowden*

## Background & History

This type of training was first offered in the South East Region by the South Eastern Health Board in 1988. The first cohort was post-primary teachers. Subsequently, the programme included primary school teachers, health professionals, community workers, group workers, youth workers, social workers, pre-school workers, Gardai and others who work in informal educational settings. Versions of the course were offered over the years as accredited programmes with WIT. Over the thirty plus years many hundreds have participated in this training and have been trained to work from and use this approach. This work continues in the South East, though on a very much reduced scale, as a collaboration involving a number of partners in local areas, funding partners, and SHEP. Separately, SHEP has been delivering versions of this type of training in Cork since 1974.

## Closing Date for Applications:

**Friday, 26th of July 2024**

Early application advantageous.

For more information please contact **Janette Boran**  
**Healthy Ireland KK** [Janette.Boran@Kilkennycoco.ie](mailto:Janette.Boran@Kilkennycoco.ie)

## To apply:

Please email your application form to:

**[norma.roche@socialandhealth.com](mailto:norma.roche@socialandhealth.com)**

or apply online @

**[www.socialandhealth.com/applyonline](http://www.socialandhealth.com/applyonline)**

**This course demands a large commitment from the participants both personally and professionally. Participants will be encouraged and supported to use the skills they learn in their personal, work and social lives.**

**Social & Health Education Project CLG**

A HSE-funded Community Development & Education Project

[www.socialandhealth.com](http://www.socialandhealth.com)