



SHEP

Capacity for Personal
& Social Transformation

LEADERSHIP for Living & Social Action

LEADING FROM THE INSIDE OUT

An innovative & experiential programme
SHEP CPD Certificate

FEBRUARY – NOVEMBER 2026

Fully In-Person:

Monday Evenings (7pm -9.30pm)

& five Saturdays, in Cork

The Aim of the programme

The overall aim of this programme is to contribute to the emergence of a stronger base from which to address the unprecedented challenges of our time. We will do this through supporting a group of passionate and motivated people to be better equipped to contribute in a positive way to social well-being. The focus of the programme is on moving away from habitual ways of thinking and doing towards a more self-aware, embodied and emergent way of being in the world. A key theme will be deepening our connection to ourselves, each other and the wider world.

Closing Date:

Monday, 12th January 2026.



SHEP

Experiential Training

Facilitated Learning in Groups

