

SHEP Foundation Part II Training

Social Awareness and Community Empowerment

Based on 'Training for Transformation'

In-Person Cork Spring 2026

All course participants will be highly subsidised

Are you interested in deepening your personal journey of growth and development? Are you interested in exploring how deepened awareness of relationships with community and social issues can better enable us to bring about positive change - in yourself, your organisation or community? Perhaps you volunteer or working in a community oriented and/or service oriented role? This part-time SHEP course commencing in January 2026 may be of interest.

A Transformative Course

In a supportive, friendly, non-judgmental learning environment, you can grow in awareness of how we relate and cooperate in groups, how we are shaped by the society we grew up in and how we in turn shape society by our lives and actions. Themes include:

- Roles within groups
- Working co-operatively in a group situation
- Behaviour in groups
- Dealing with conflict constructively
- Leadership styles
- Talents, skills and strengths in leadership
- Why society is the way it is now
- Values
- Community Building
- What changes are needed and what we can do
- What the important issues in our community
- How do realities of Gender, Power, Diversity, inter-culturalism, justice ... impact our lives
- Development, environmental challenges and sustainability

The course is facilitated by a team of experienced SHEP trainers trained in group facilitation.

Certification

A SHEP Certificate in Social Awareness & Community Empowerment is awarded for 80% attendance.

Course Fee (Subsidised)

The course fee is €550. Booking deposit of €100

Open Access

This is an open-access course for adults (18 and over). Applications are open:

- To people whose main starting interest is their community, their involvement in a local organization, and want to bring deeper awareness to that involvement.
- To people who have already completed SHEP's Certificate in Personal Development, or to others who are also on such a journey of self-discovery, the course offers a continuation of their personal journey of growth and development, through deepening awareness of the wider social relationships with which we are all involved
- **Fully In-person this Spring 2026**
- **78 hours over 5 weekends with 23-26 participants**
- **Course commences weekend of 16/17/18th Jan '26**
- **Based on 'Training for Transformation' & Paulo Freire education principles**

Applications open to Wednesday 7th January 2026

For Further Information:

Contact the Project or Course Co-ordinator Liam McCarthy on SHEP (021) 4666 180

Liam.McCarthy@socialandhealth.com

Or Email info@socialandhealth.com for an application form or go to the SHEP website at:

<https://www.socialandhealth.com/training/shep-certificate-social-awareness-community-empowerment/>

