

## Core Training Program Overview

Overview of the Core Training Programme The Social and Health Education Project's Core Training Programme consists of the following four elements:

- The Foundation Training Programme
  - The Facilitation Training Programme
  - The Specialised Practitioner Training Programme
  - The Academic Training Programme
- The focus of the Foundation Training Programme is on enabling participants to develop a capacity for personal effectiveness through their decision-making and action in both private and public spheres. The programme is divided into two separate parts. In Foundation Part One particular emphasis is laid on personal awareness and development. In Foundation Part Two this emphasis is extended to encompass the development of personal effectiveness in collective settings. In cases where participants might benefit from additional training in personal development, provision is made for them to undertake a programme of Continuing Personal Development. The focus of the Facilitation Training Programme is on enabling participants to develop a capacity for engaging with others in a facilitative way, such that their personal effectiveness is enhanced. The programme consists of a training course in Generic Facilitation Skills through which participants are given the opportunity to develop essential competencies for facilitating in a range of settings. Through the Specialised Practitioner Training Programme, participants are prepared for the specialist application of their facilitation skills, either as Community Tutors with the Project's Community Training Programme, as Community Advocates with its Advocacy Programme, or as Organisational Development Mentors with its Community Governance Enhancement Programme. The following Specialised Practitioner Trainings have been developed by the Project:
- Specialised Tutor Training
  - Introduction to Personal Development
  - Assertive Communication for Better Relationships
  - Managing Stress in Our Daily Lives
  - Family Communication
  - Women's Wellbeing
  - Men's Wellbeing
  - Health, Wellbeing and Empowerment for Older People
  - Bullying Awareness
  - Coping with Grief, Loss and Change In Life
  - Inter-Cultural Awareness
- Specialised Advocate Training
- Older People's Advocacy
  - Specialised Organisational Mentor Training
  - Organisational Development Mentoring with Community and Voluntary Groups
- In the Academic Training Programme, a two-year, part-time undergraduate Diploma in Social and Personal Health Psychology is offered by U.C.C. in collaboration with The Social and Health Education Project. The Diploma serves to provide a substantial theoretical grounding for those working in facilitative roles in the statutory, community and voluntary sectors.