

Community Training Courses

Community Training Programme Courses Please choose from the table of contents or browse the course descriptions below.

Introduction To Personal Development

Assertive Communication for Better Relationships

Managing Stress in Our Daily Lives

Family Communication

Parents, Infants and Toddlers: Developing Relationships

Children and Bullying: A Course for Parents

Child Abuse and Neglect

Women's Well Being

Men's Well Being

Health, Wellbeing and Empowerment for Older People

Coping with Grief, Loss and Change in Life

Inter-Cultural Awareness Introduction to Personal Development This course is adapted by Community Tutors to the particular needs of individual groups. It provides an opportunity for participants to explore issues which affect their emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.^{Top ^} Assertive Communication for Better Relationships This course presents assertiveness as being based on respect for the other person, as well as for oneself. It seeks to help participants to build their self-esteem and to improve their communication in ways that help them to enhance the quality, both of their life and of their relationships.^{Top ^} Managing Stress in Our Daily Lives This course aims to help participants to deal effectively with stress in their lives. They are helped to understand the natural processes which give rise to stress, as well as how these can be damaging. They learn and practice basic skills in the prevention of unnecessary stress and the management of such stress as continues to be experienced.^{Top ^} Family Communication This course is for parents of children of any age. It seeks to affirm and support them in their role as parents. Participants are helped to explore the importance of self-esteem, both for themselves and for their children. The course encourages participants to look in a practical way at issues such as feelings, listening, communication, conflict and discipline.^{Top ^} Parents, Infants and Toddlers: Developing Relationships This course is similar to the Family Communication Course but is oriented especially towards parents of infants and toddlers. It aims to help these parents to appreciate, as well as to enhance, their own capacity. Participants learn from one another, as well as from inputs provided by the Community Tutor relating to key aspects of a child's development and how parents can support children through these, especially through the use of communication and play.^{Top ^} Children and Bullying: A Course for Parents This is a course for parents of children who may either be being bullied, or themselves be bullying others. Through the course, participants are helped to develop an understanding of the signs of bullying, as well as of its causes and effects. They are further helped to understand how they may offer appropriate support to their children, whilst minimising the incidence of bullying in their communities. (This course is adapted by Community Tutors to the specific needs of individual groups).^{Top ^} Child Abuse and Neglect This course is suitable for a wide range of participants, including those working with young people in a professional or voluntary capacity. It explores child abuse from a variety of theoretical perspectives. It also helps participants to understand what are appropriate practical responses to abuse or neglect. (This course is adapted by Community Tutors to the specific needs of individual groups).^{Top ^} Women's Well-Being This course is for women of all ages. As well as encouraging participants to learn from one another, Community Tutors introduce basic information regarding those health-related issues which are of concern to the women in the group. The course takes a broad view of health and wellbeing and involves an exploration of emotional health and relationships as well as of physical health.^{Top ^} Men's Well-Being This is a course for men which in many respects parallels the above course for women. Besides encouraging participants to learn from each other, Community Tutors introduce basic information on those health-related issues which are of concern to them. The course provides an opportunity for participants to explore issues which affect their emotional wellbeing, including the management of feelings, stress, listening, communication and relationships. Participants are also helped to explore the changing role of men in our society.^{Top ^} Health, Wellbeing and Empowerment for Older People This is a course for people moving towards old age. Its aim is to promote their overall wellbeing and quality of life. The course addresses practical health issues such as exercise and healthy eating. It also enables participants to explore such issues as self-esteem and the appropriate assertion of control over their lives and relationships. Community Tutors help the older people involved to value, not only the contribution they have made, but the contribution they have yet to make. (The precise nature of the course will differ, depending on whether the group concerned is a pre-retirement group, an active retired group, or a group based in a day-care or residential centre).^{Top ^} Coping with Grief, Loss and Change in Life This course provides participants with an opportunity to examine and gain insight into their experiences of grief and loss, be they recent or long past, in a safe, caring and supportive environment. It recognises that, besides the most obvious losses associated with the termination of family and other personal relationships, there are many other types of loss that are socially less well-recognised. Participants are helped to understand grief as a normal human response to such losses, which, if denied or repressed, can diminish human wellbeing.^{Top ^} Inter-Cultural Awareness This course is for all people who wish to explore what might constitute an appropriate, respectful and humane response on the part of Irish citizens to the social, economic and political needs of people arriving in Ireland from different countries and cultures. Participants are helped to explore the phenomenon of migration and the challenges it poses for immigrant and host populations alike. They are further helped examine their feelings and attitudes in relation to newcomers, identifying and working on blocks to empathetic engagement. The challenge of accommodating recently arrived immigrants is related to the wider and more long-established challenge in Irish society of accommodating diversity. (This course is adapted by

Community Tutors to the specific needs of individual groups).^{Top ^} Note:Although there is an established curriculum for each of the courses listed here, it is frequently necessary for Community Tutors to adapt them to meet the specific needs of participants. The principle of rendering courses appropriate to the needs of participants is also carried forward through the development by SHEP of specially tailored courses which combine elements from a number of its established course curricula. Those interested in exploring the possibility of setting up a specially tailored course should make contact with the Project Office.