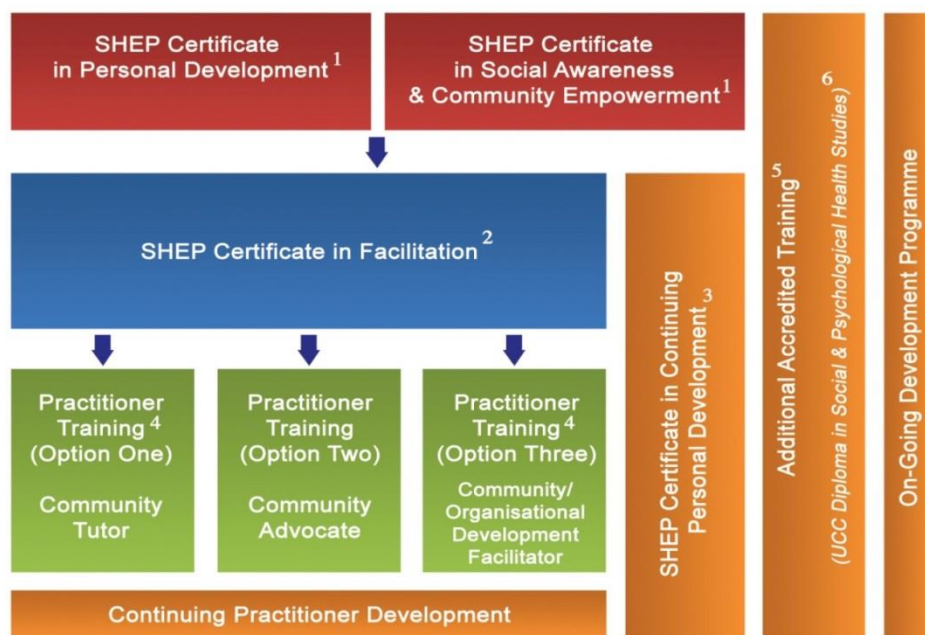


## OVERVIEW OF SHEP TRAINING PROGRAMME



### THE SHEP CERTIFICATE IN FACILITATION COURSE 2021

#### INFORMATION FOR APPLICANTS

#### PLEASE READ CAREFULLY BEFORE FILLING IN THE APPLICATION FORM

##### Introduction

The SHEP Certificate in Facilitation is a largely experiential **intermediate-level course in facilitation** which supports participants to develop a basic competence in the skills necessary to facilitate group processes in a variety of group settings. Practical skills development is complemented by continuing attention to the personal awareness needed by group leaders in order to be able to remain grounded and to be emotionally present to group members.

The approach in the SHEP Certificate in Facilitation Course is one which emphasises the use of the self in facilitation. For this reason, the SHEP course provides opportunities for personal and group process work, along with skills development and engagement with theory. The here-and-now experience of the group provides opportunities for learning about group-work – **theory in practice**. Facilitation practice is conducted in pairs, in small groups and in the whole group.

This training course is intended to serve as a **foundation for SHEP's specialised practitioner training courses** in areas such as the delivery of personal development courses, the provision of advocacy support, and working as a facilitator in community or organisational settings.

##### Who may apply?

Those applying for this course should normally have satisfactorily completed the SHEP Certificate in Personal Development course and the SHEP Certificate in Social Awareness and Community Empowerment. An opinion on each applicant's readiness for training may be sought from trainers on earlier courses in The Social and Health Education Project. The trainers will be asked only in general terms for their views of the applicants' readiness to undertake intermediate-level training as facilitators. Issues shared in confidence with trainers by individual participants *will not* be discussed. It will be assumed that, in applying for the course, trainees agree to the views of trainers being sought in this way.

- People who were exempted from the SHEP Certificate in Personal Development course because of equivalent work done elsewhere may be asked to provide a reference from a trainer who worked with them, giving their view as to their readiness for intermediate-level training in group facilitation.
- People who have not completed the Social Awareness course are eligible to apply and can be offered places on the Facilitation course subject to their commitment to undertake the Social Awareness course at the next feasible opportunity.

## **I'm not sure I want to be a group facilitator – is there any point in participating?**

Yes! Many people have found that the course brought many benefits - increased self-confidence, better relationships with family and friends, greater effectiveness at work, encouragement to pursue further education.

## **When can I apply?**

**Applications accepted from Friday 15th January 2021 to Friday 29th January '21**

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## **How are places allocated?**

Priority of offer of places will be given first to applicants who have completed both the SHEP Personal Development year and the Social Awareness & Community Empowerment courses and secondly to those with exemptions or making an undertaking related to the Social Awareness Course. Priority is also given to those who have a clear sense of how they intend to use the training in future years. Some applicants may be asked to come for interview. Places among those considered ready for training will be allocated largely on a **first-come, first-served basis**. Early application is advised.

## **How is the course structured?**

The courses in 2021 are in groups of c. 12-14 max participants, working with two regular trainers. There are 29 weekly sessions of 2½ hours from January to early June, and from September to December/January. Each group also has 6 or 7 weekend day workshops of 6 hours (Saturdays or Sundays). Over the course of the year, participants are also expected to undertake a total of 18 hours' collaborative learning in small groups.

SHEP is aiming to organise 2 blended groups in 2021

- **Tuesday Nights commencing 23<sup>rd</sup> March 7-9.30pm - Facilitators Mary Mangan & Rose Crowley**
- **Wednesday Nights commencing 17<sup>th</sup> February 7-9.30pm - Facilitators Rosarie Coleman Claire Barry**

Due to the Public Health situation all of SHEPs Facilitation courses will be on-line up to summer 2021. It is the Projects intention that, if the public health situation indicates it is safe at the time, both the Facilitation groups will reconvene after the summer break In-person. If the course reconvene In-person in autumn it is most probable that the physical location will be Cork City for most sessions. The course will continue On-line in the autumn if not safe to come together In-person.

Early in the training, small learning groups will be formed and will commence meeting to discuss and explore material relevant to the theory of groups and the practice of group facilitation. Each learning group will undertake a small project on group facilitation and will prepare and deliver a presentation to the whole training group. The emphasis of the training in the post-summer period will be on facilitation practice, with opportunities being provided for trainees to facilitate in different configurations and with a variety of foci.

## What approach is used in training?

A variety of training methodologies is used during this course, including formal teaching, experiential exercises, practice sessions, personal development workshops and collaborative learning in small working groups.

Participants on all Social and Health Education Project training courses are encouraged to reflect on their experience and this emphasis continues in the SHEP Certificate in Facilitation course. Because this is the first level of formal skills training in The Social and Health Education Project's training programme, this type of personal reflection extends beyond personal awareness to reflection on skills acquisition and practice and to evaluating the knowledge that has been learnt during the training. For this reason, a course requirement is that participants keep a regular record in a personal learning journal.

## Is there assessment?

On-going self-, peer- and trainer-assessment takes place during the course. At the end of the training course, each participant will complete a personal learning evaluation and will hear feedback from their trainers in a one-to-one session.

## Do participants receive a certificate?

A certificate will be awarded to those who complete the course satisfactorily. Except in the most exceptional circumstances, attendance at a minimum of 80% of both the evening sessions and of the day-long workshops will be considered essential for satisfactory completion of the course.

## Does the course lead on to further training?

Those who successfully complete this course have a considerable number of progression options. Some participants will choose, over time, to complete two or more of the options, depending on interest and circumstances:

- Graduates of this course may apply for one of three **practitioner programmes** currently offered by SHEP (Specialised Community Tutoring, Community Advocacy Practice, and Applied Facilitation in Community & Organisational Settings).
- Graduates of this course may continue training with SHEP by undertaking **stand-alone, open-access modules**, such as the Leadership in the Community course, without committing to undertaking a full programme of practitioner training.
- Graduates of this course qualify for entry to the two year part-time **SHEP UCC Diploma in Social and Psychological Health Studies (Levels 6 & 7)** which provides participants with a very thorough grounding in the theoretical basis for SHEP's work. (Next entry: Sept. 2021)

## What is the course fee?

The course fee for the SHEP Certificate in Facilitation Course in 2021 **for all people** offered places will be **€490**. The normal course fee is €930 – this year however a €440 concession/bursary is being given to all who are offered a place: course price: The €490 course fee is payable before taking up a place, although the Project is willing to make payment plans with participants to spread the payments over a period of time. **There is no booking deposit.**

## Using Zoom

We are using the Zoom platform in SHEP for on-line courses. Access to a Laptop Device is necessary to get the best from the experience and to participate easily on this on-line course. If needed, SHEP may be able to support participants with a loan of a Laptop device.