

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Caring for Our Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education
for Health & Well-being

INTRODUCTION TO PERSONAL DEVELOPMENT

A **short course**
which uses an experiential group-work
approach and will take your needs into
account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Why personal development?

Our world is flooded with information, but we don't know much about ourselves. We can communicate around the globe, but we find it hard to really communicate with our families and friends. The country economically may be recovering now, but for many the quality of life and of our relationships with ourselves and others also need to be nurtured and valued.

This course offers people a place to build their self-confidence and to discover more about themselves and their ways of relating with people in a safe, friendly and enjoyable environment.

Is this course for me?

The course is open to people who are interested in looking at the issues which have an impact on their lives. The course is open to people from all walks of life. No prior qualifications are needed — just a willingness to be personally involved and to interact with others.

As well as **providing learning**, the course can also be **fun**.

If you are interested in developing your awareness of yourself and of how you are in today's world, in talking about what is important to you, and in understanding how you relate and communicate with others, then this course could be for you.



What is the course Like?

The course involves a learning approach that is quite unlike what most people probably experienced in school. It is recognised that participants bring a wealth of life experience and the learning approach enables them to learn from this experience, as well as from the experience of the others in the group.

What is covered in the course?

The topics explored in the group will depend on the interests of the group, but topics that usually come up include self-confidence and self-esteem, dealing with feelings, relating better, learning to listen, managing stress, etc.

What will the group be like?

Up to sixteen people will be in the group. The group will be facilitated by one (on occasions two) facilitators who are trained facilitators with extensive experience in creating a supportive atmosphere and in helping personal learning.

How long does the course last?

The course runs over ten weeks with weekly two-hour sessions making a total of twenty hours (or 8 weekly sessions of two and a half hours)

Course content

Topics like these are explored in a personal

way, so that people can be more aware of what is going on in their own lives, of how they deal with their feelings, of how they communicate with others, and so on.

Topics likely to be introduced are:

- Listening and communicating
- Managing stress
- Being assertive
- Handling feelings
- Understanding what blocks us in life
- Handling criticism and praise
- Dealing with conflict
- Building self-confidence
- Making good decisions
- Setting goals

Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry and you can ring us to find out about these

Courses are also regularly organised by a range of local community groups, including Community Development Projects, Family Resource Centres, Local Development Partnerships, community associations, parents' associations and special interest groups and agencies.

If you are thinking of organising a group of twelve to sixteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.