



‘Caring for Our Well-being’ Specialised Tutor Training Course 2022 Blended

Why has this course been developed?

‘Caring for Our Well-being’ is a SHEP specialised tutor training course which was first developed in 2015/2016 in response to a need in the community for short courses whose particular focus is supporting people to take charge of their own well-being. Most people in their lives have experience of mental and emotional distress. Sometimes, people go through periods of significant distress which affects their health and well-being. A supportive space where people are facilitated to build their resources and resilience can be very helpful.

Two cohorts of SHEP facilitators have already trained in this specialised topic – with a significant number continuing to be involved in delivering this training course. A number of people from this course will be able to apply to join a SHEP apprenticeship programme for Caring for our Wellbeing (which will start in early 2023).

SHEP typically organises about four or five of these courses each year, depending on demand. These courses are very positively received.

As well as training for a facilitation role, this specialised tutor training course will also provide group members with an opportunity to develop their awareness and to take responsibility in relation to their own well-being.

What is SHEP’s approach to Tutor Training?

Over the next three years, we are trying out some adaptations to our training of Community Tutors:

1. We will be innovative in the choice of course delivery format (in order to include those not living close to Cork) and support the demand for training in new areas such as Clare, Tipperary, and Waterford.
2. We have strengthened our Apprenticeship Programme

What SHEP Tutor Training courses are planned over the next few years?

We are planning two courses:

- Caring for our Well-being – scheduled to start 2022
- Tutor Training (Personal Development & Effective Communication) – scheduled to start September 2023.

Where will the Caring for our Well-being course be held?

Our approach to this Tutor Training is innovative: it will be a ‘blended’ course – with the majority of the course delivered on-line, using zoom. There will be 11 in-person day long workshops – all on Saturdays- which will take place (subject to public health guidelines) at The SHEP Training Centre in Ardfoyle, Ballintemple, Cork.

What is the Level of this Training?

This training is an advanced-level SHEP training.

How long will the course last?

This course will run on **Thursday** nights from January 2022 to December 2022. It will involve **28** weekly evening sessions, each lasting **two and a half hours**, and eleven one-day workshops (Saturdays 10am to 5pm).

How many training hours will it involve?

The course will involve c.120 hours training time and an additional 24 hours in learning/practice groups. A training schedule – will all the session dates – is on the website.

What level of attendance is expected?

A minimum of 80% attendance at all elements of the course is essential for the award of the course certificate.

What will the course cost?

We are heavily subsidising this course – and to promote accessibility we are implementing a sliding scale of fees.

Fee A: €1000 – standard fee, including usual subsidies.

Fee B: €600 (assumes a €400 bursary)

Fee C: €300 (assumes a €700 bursary)

The fee may be paid in instalments over the duration of the course using the SHEP payment plan system.

Who will be facilitating the course?

This course will involve a large team of SHEP Personnel. Most components will be co-facilitated.

Who will be the Coordinator and Administrator?

The Course Coordinator for this course will be Jim Sheehan. The Course Administrator will be Geraldine Flanagan.

What is the style of the course?

Like most SHEP courses, the approach of the training will mainly be **experiential**. There will be opportunities for deep personal reflection, for sharing with others, for gathering and sharing knowledge, and for practising facilitation and design skills, all in a **safe and supportive** context.

Who may apply for this course?

1. The course is open to those who have completed the SHEP Certificate in Facilitation course and who wish to train for the first time at this level.
2. This training is also designed to be of interest to those who have completed other SHEP Specialised Tutor Training Courses and who wish to augment their training.
3. As we are committed to Recognition of Prior Learning (RPL), SHEP welcomes applications from suitably qualified and experienced people who may not have all the usual SHEP Training completed, particularly those who can support the Project to respond to emerging needs.

How is the course structured?

There are three parts to the course. Part One will offer participants a personal grounding in caring for well-being. Part Two will focus on training to facilitate groups in this area. The emphasis in Part Three will be on facilitation practice and on specific issues pertaining to work as a Community Tutor. The course will include session design training, course design training, and introductory training to a range of creative approaches which can be used when working with groups. A variety of training methodologies will be used, including experiential group work, formal teaching, practice sessions and structured project assignments.

The course will involve some written work. Participants will be asked to record their learning in a Learning Journal, which they will then use to prepare **Learning Progress Reports**. They will also develop a session design, a course design, and undertake an end-of-course written assignment.

Is there assessment?

Yes. In this course, assessment is an important part of the learning process. Towards the end of the course-work, there will be self-assessment and peer-assessment. There will also be an end-of-course trainer assessment – which will include, but not be limited to, an assessment of each participant’s readiness to proceed to the apprenticeship programme. (This Trainer assessment will be completed by the Facilitation Practice Trainers).

Will completing this training qualify me as a SHEP Tutor?

No. This training is an important opportunity for those who wish to become SHEP Community Tutors. You will need to have completed a training such as this in order to proceed to the Community Tutor Apprenticeship Programme.

The Apprenticeship Programme: Becoming a SHEP Community Tutor

Successful completion of both the course-work and apprenticeship components of this Specialised Tutor Training will enable participants to register as Community Tutors with The Social and Health Education Project and to deliver courses through its Community Education for Health and Well-being Programme. (Please note that the Project cannot guarantee availability of work as a Community Tutor).

Will everyone who applies for this course get a place?

We expect this course to be oversubscribed and it is unlikely that everyone who applies will secure a place. We will endeavour to be supportive to everyone who applies and to signpost people as appropriate to other possibilities and opportunities.

How will participants be selected for this course?

- Participants will be selected on the basis of their application forms and the information they share at interview.
- There will be a mix of applicants included in the course: those applying for Tutor Training for the first time; those who have completed Tutor Training previously, and RPL candidates.
- The make-up of the group needs to support the Project to respond to emerging needs - including needs in new geographic areas.

Closing date for application: The closing date for applications is Friday, **October 15th 2021**. Interviews will be held (on-line) from Mid-October to Early November.

How do I apply?

Please email your completed application form to all three addresses: jim.sheehan@socialandhealth.com, Geraldine.flanagan@socialandhealth.com and info@socialandhealth.com on or before 5pm on the 15th of October. Please mark your email (in the subject line) ‘SHEP Tutor Training Application’.

Who can I speak to if I need some assistance or support?

You can contact Geraldine Flanagan by phone (021) 4666180 or email: Geraldine.flanagan@socialandhealth.com

Thank You.