

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 45 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

- Introduction to Personal Development
- 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

**CONNECTING
FROM THE HEART**
COURAGE
TO BE REAL TOGETHER
IN THESE PRESENT TIMES

ON-LINE 20 HOUR COURSE

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



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Connecting from the heart — Courage to be real together in these present times



Origin of the Course

This course was developed by a group of twelve SHEP Community tutors over the Autumn of 2020 during the depths of the pandemic. Arising out of the desire to create meaningful facilitated spaces for people to connect, the tutors focused on designing a course that would foster presence together on a Zoom on-line platform, and that supported they themselves to process their own personal experiences of public health situation. What emerged was this course.

The Aims of the Course

- To connect with ourselves & each others unique and shared experiences
- To explore and share the impact (positive & negative) of the public health situation and of the changes to our social and personal lives
- To draw on content related to stress, wellbeing, loss & change to support participants to understand their experiences
- To become aware of and appreciate how personally and collectively we coped
- To become aware of what we drew on/needed to support ourselves and care for our well-being (self, family, friends, community)
- To consolidate our strengths and develop new skills for the journey ahead

Frameworks drawn on

The course merges insights and frameworks from Wellbeing, Managing Stress and Loss & Change, exploring themes of:

- Self and Inter-dependence;
- Threat and Stress Responses
- Community Trauma and Vulnerability
- Wellbeing and Coping strategies

Values & Approach

In all of SHEP's courses our approach to facilitation

- Creates a safe space where our experiences can be shared, received and validated
- Values life experience of the participants
- Creates opportunities for humour, appreciation, creativity & growth
- Fostering the development of life skills, tools and methods for grounding, connecting and for the journey ahead

The course structure

The course involves 20 hours in total, done over eight weekly two-hour sessions. There usually about fourteen people in the group. The tutors for have being trained in the facilitation of experiential learning and have themselves undertaken this course. They are trained to facilitate either in-person or on-line depending on needs of the group..

Facilitating On-line

The course is was created o be facilitated on-line. SHEPs community of practitioners have developed practice experiences and expertise (technical and facilitation skills) to create effective, sensitive and meaningful

presence and connection on-line. The experiences will be of an atmosphere that is informal, with lots of discussion and a few inputs from the tutors. The emphasis is on providing a place where participants can feel free to learn from others and their own experiences. In-person is also possible.

Course Content

The focus of the eight sessions include:

- *Group Building – trust, safety and hopes*
- *Connecting through sharing our experiences of the recent times (I)*
- *Group Building & Connecting through sharing our experiences of the recent times (II)*
- *How we respond when threatened as persons and communities*
- *Connecting through sharing our experiences of our Communities over the recent times*
- *From the Inside Out – Naming, Allowing Feelings*
- *Understanding, Creating my Narrative*
- *Appreciation of all Our Strength, Supports, learning – Courage and Hope*

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, Family Resource Centres, Local Development Partnerships, community associations, parents' associations and special interest groups and agencies. If you are thinking of organising a group 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.