



Building CAPACITY to Access EMPLOYMENT



SOUTHSIDE PARTNERSHIP DLR
COMHPHÁIRTÍOCHT an DHEASBHAILE
SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.



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2014-2020

Co-funded by the Irish Government and the European Union



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And Integration Fund



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ABOUT RePOWER

The
RePOWER
programme is
designed to **SUPPORT**
YOU towards personal
growth, education
& employment

Providing a range of modules and supports it allows for **personal & skills development** and **educational** opportunities.

In **September** and **February** each year, we **start a new 15-week term** in different areas of Dun Laoghaire-Rathdown County.

The programme breaks at the same time as the schools break. The programme runs until March 2020.

You can **enroll in the modules** that interest you each term.

We also offer **one-to-one coaching** and **counselling support**, on request, to women who engage in the programme.

The RePOWER programme is open to **ALL WOMEN** who are:

not in employment &
are **not in receipt** of Job Seeker payments.

If you are not sure if you are entitled to take part in this programme please contact Marilyn at:
01 706 0100 or 087 219 8183.

(Women on a Job Seeker payment can avail of the support of the Local Employment Service at: 01 284 1977).

MODULES AVAILABLE EACH TERM:

- ✦ Personal Development with Basic Computer Skills
- ✦ Employability Skills Module (QQI Level 4)
- ✦ Job Seeker Skills Workshop (7 mornings)
- ✦ Advanced Computer Course (10 weeks - Autumn)

PERSONAL DEVELOPMENT

Increase your confidence to **make decisions**,
develop future plans and set **effective**
personal & employment goals

TOPICS INCLUDE:

- ✦ Personal identity
- ✦ Self awareness
- ✦ Goal setting
- ✦ Time management
- ✦ What are my values?
- ✦ What specific challenges do I face?



Through input from the facilitator, group participation and personal reflection time, this will allow you space to grow as a person.

COURSE TIMES:

EVERY WEDNESDAY: 9.30AM-12.30PM

DURATION:

15 WEEKS



EMPLOYABILITY **SKILLS**

QQI LEVEL 4

QQI (formerly known as FETAC) offers **nationally & internationally** recognised **accreditation**



MODULES OFFERED such as:

- ✦ Career planning
- ✦ Teamworking
- ✦ Customer service
- ✦ Communication



The majority of the coursework will be done during the module hours but there will be a small percentage of work that needs to be done in your own time.

One-to-one support is available to you throughout each module as needed.

COURSE TIMES:
EVERY TUESDAY: 9.30AM-12.30PM

DURATION:
15 WEEKS

COMPUTER SKILLS

BASIC COMPUTER SKILLS WORKSHOP:

Using computers has become quite commonplace in many work contexts. This module gives you the opportunity to learn new skills and increase your confidence and ability to use computers.

There is no minimum skills level required for this course - it is open to all beginners.

~ **Laptops will be available for use in all computer courses** ~

COURSE TIMES:

2 HOURS EVERY THURSDAY MORNING

DURATION:

15 WEEKS



ADVANCED COMPUTER SKILLS

Increase your computer skills and learn how to use applications that are especially relevant in workplace contexts. Such as:

- ✦ Word processing
- ✦ Excel
- ✦ Outlook
- ✦ Desktop publishing

COURSE TIMES:

EVERY FRIDAY: 10AM - 12PM

DURATION:

10 WEEKS (AUTUMN ONLY)



JOBSEEKER WORKSHOP

The RePOWER Jobseeker Skills Workshop will help you develop specific & practical job seeking skills, using up-to-date best practice and methodology

TOPICS SUCH AS:

- ✦ **Personal Awareness Foundation** – exploring your transferable skills, your previous experience, your options and how to overcome your personal hurdles.
- ✦ **CVs and Letters of Application** – current best practices and templates to help you prepare your own CV and application letters.
- ✦ **Job Searching** – which websites to use, how to use them, how to look for specific job types, alternate ways to search without having to use the Internet.
- ✦ **Job Applications** – how to complete them effectively.
- ✦ **Interview Skills** – Practical tips, how you prepare for an interview, what you can expect at a job interview.

These workshops are open to any women who are not in employment and not on Job Seeker payments and does not require enrolment in other REPOWER courses.

The workshop takes place twice a year:
at the end of January & at the end of June

COURSE TIMES:
DAILY 9.30AM-12.30PM

DURATION:
7 MORNINGS



INTERNATIONAL WOMEN'S BREAKFASTS

Our **International Women's Breakfasts** bring together women from across the **wide spectrum of diversity** in the county.

Through **workshops, conferences, information fairs, dance, song** and the **sharing of food** you will have the chance to **build strong links with women** you would not normally get the chance to meet.

You will be able to **work together**

and **identify commonalities** to change the **inclusiveness of our social environment**.

The Breakfasts are held regularly at various locations around the county.

For details of our next **International Women's Breakfast**, visit our website: www.women4women.ie or Facebook: www.facebook.com/women4womenDLR.



The **RePOWER Programme** reflects the focus of Southside Partnership as we aim to **improve life chances and opportunities for people, promoting equality and inclusion** for all.

The **Partnership's Women's Programme** involves **supporting women** in the development of their **personal, social education & employment** skills.

MORE INFORMATION AVAILABLE AT:
WWW.southsidepartnership.ie
WWW.women4women.ie

To **find out more** about the **RePOWER programme** and where the next modules will be held please contact **Marilyn Nyquist** at:

T:01 706 0100 **or M:**087 219 8183
E:marilyn.nyquist@sspship.ie