A part-time course in social awareness and community empowerment involving five 2-day workshops, run in Cork City, Ballincollig, Limerick and Tralee



For further information contact

The Social and Health Education Project

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Supported by: Fedhmeannacht na Seirbhíse Sláinte Health Service Executive

The SHEP Certificate in Social Awareness Community Empowerment



The SHEP Certificate in SOCIAL AWARENESS AND COMMUNITY EMPOWERMENT

... offers you ongoing personal development towards becoming more involved in community.

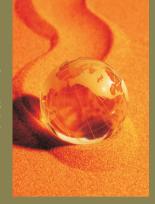
In a supportive, friendly, non-judgmental learning environment, you can grow in awareness of how we relate and co-operate in groups. It's a place to explore how we are shaped by the society we grow up in and how we, in turn, shape society through our lives and actions.

a journey to transformation...

Understanding yourself transforming your world

The approach is...

Personal, supportive, non-academic... through listening, reflecting and sharing, participants find meaning and gain knowledge from their own experience and the group becomes a learning community. This helps people to learn new skills, new attitudes or even entirely new ways of thinking. There are no exams!



hemes explored are...

roles and behaviours dealing with conflict constructively styles, skills and strengths in leadership intercultural relationships why society is the way it is now understanding the 'systems' we live with (economical, political etc.) power social justice caring for the earth

Is This Course for You?

People on the course come from all sorts of backgrounds. No special prior qualifications are needed, just an interest in community, a willingness to use critical thinking and to interact with others.

In this approach, people meet as equals, learn from each other, become empowered and begin to dissolve social and cultural barriers.

Does the Course Lead On to Further Training?

This course is one of two foundation courses in SHEP's Core Training Programme. Graduates of the foundation courses can go on to do further training with the Social and Health Education Project, including training courses in Group Facilitation, and later, SHEP's 2-year, part-time Diploma in Social and Psychological Health Studies at UCC.

Time Commitment

Five two-day workshops spread over three or four months with an evening session before the first workshop.

Cost

Course fee: €490. Fees can be paid in instalments over the duration of the course. A small number of concessionary places at a reduced rate may be available.

