

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:

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Supported by:  **Féiliméanacht na Seirbhíse Sláinte**
Health Service Executive

The SHEP Certificate in
Social Awareness
and
Community Empowerment



a journey to transforming...
Your community
your world

The Social and Health Education Project
CAPACITY FOR CHANGE
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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!



Themes 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
what the important issues are in our community and what we can do

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.



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"I found the interaction and group work very supportive and enlightening. The whole course was very well structured and beautifully facilitated."

