

SATURDAY OCTOBER 9th

Event: Take the Stress out of Career Planning & Career Change

Join Niamh Dwyer from My Career Plan for this talk that will cover what should be considered when planning the next stage of your career and practical suggestions to help you progress and develop in your career. It will also explore what may be holding you back from making career decisions and will provide tips to help you to navigate a change of career.

Venue: Online - Zoom **Time:** 12.00pm - 1.00pm

Who is it for: Adults aged 18+

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at **e:** mosullivan@skdp.net

Website: www.mycareerplan.ie

MONDAY OCTOBER 11th

Event: New Life Chapter

A one hour workshop online delivered by Nutshell Education and Training focusing on women who are about to start a new chapter in their lives. The topics covered will include; finding purpose and meaning, goal setting, a healthy mindset and learning self-compassion.

Venue: Online - Zoom

Time: 1.00pm - 2.00pm

Who is it for: Women aged 18+

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at **e:** mosullivan@skdp.net

Event: Growing Health and Wellbeing

Learn the benefits of gardening for your wellbeing and positive mental health. Learn how to care for your garden during the winter months while caring for yourself.

Venue: Online - Zoom

Time: 7.00pm - 8.15pm

Who is it for: Anyone with an interest in growing food

Organising Agency: South Kerry Development Partnership (SKDP)

Register: Email Mairead O'Sullivan SICAP Education Officer at **e:** mosullivan@skdp.net

WEDNESDAY OCTOBER 13th

Event: Nutrition for Women after 40

Join Áine Coleman, nutritionist, for a talk on healthy eating tips for perimenopause and menopause and how to make changes in your diet to help you positively manage the symptoms of perimenopause and menopause.

Venue: Online - Zoom

Time: 7.00pm - 8.00pm

Who is it for: Women aged 40+

Organising Agency: South Kerry Development Partnership

Register: Email Mairead O'Sullivan SICAP Education Officer on
e: mosullivan@skdp.net

FRIDAY OCTOBER 15th

Event: Let's Talk about Menopause

Dr. Caoimhe Hartley, GP & menopause specialist, will discuss what is occurring in the body, the impact of hormonal changes, understanding and managing symptoms, HRT/ non-hormonal options and the mental health issues that can be experienced during the menopause. The talk will be followed by a Q&A session.

Venue: Online - Zoom

Time: 11.00am - 12.00pm

Who is it for: All women interested in the topic of perimenopause and menopause

Organising Agency: South Kerry Development Partnership

Register: Email Mairead O'Sullivan SICAP education Officer
at e: mosullivan@skdp.net