

“Unlocking Potential –The Key to Success”

Personal Development & Leadership Skills- Fetac Level 3

Overview

A unique course designed to assist in making changes in life in order to cope with everyday living and design a future Career and Successful Life Plan. The course will explore personal and professional goals and has an option to explore possibilities of Group Leadership Skills and development. The course is an empowerment-training course, which is suitable for individuals who want to make positive changes in their lives. The workshop provides comprehensive internal guidance, which enables you to assess your life in order to empower, motivate and develop a positive mental attitude and personal well being.

Benefits

- The outcome in doing the course should be a plan of how to move forward and make positive changes,
- Empower you to look at your internal belief system and core values and focus on career planning and progression
- Improved communication and interpersonal skills

Course Content:

Life and Personal Coaching

- Life Coaching and Creating Balance in your life
- Mind Focus & Self Awareness and examining the thought process - Looking at Problem solving techniques - Making small changes in our lives in order to create a big impact in day to day living as well as developing a positive mental attitude and positive habits. This process will be supported by emotional coaching™
- The development of a ‘Personal Life Plan’ -Goal setting and overcoming personal blocks and problems to reach goals as well as Self Empowerment for transformation. This session will be facilitated by a life coach
- Communications and Interpersonal Skills, Teamwork and Performance Management -Relaxation Techniques in order to cope with times and levels of stress/ Developing personal Assertiveness - Improving confidence and self-esteem

Career Progression Coaching

- Developing the career that you want – Short and Long Term Options - Career Directions/ Kite - Skills and Interests / Preferences for Work / Developing Individual Work Requirement Skills
- Linking of “Work plan” into “Life purpose”, Decision Making, Personal Responsibility and Barriers to Work
- Developing a ‘Goal Action Plan’ and special Visualisation techniques
- Identifying and accessing further External Work Supports (VEC, DSFA, FAS etc) (dependant on needs of group)

Accreditation:

Upon successful completion participants will receive two Fetac Level 3 Certificates-Personal and Interpersonal Skills and Personal Effectiveness

To book a place on this course, call our booking line on +353 (046) 9249618 or e-mail info@midasgroup.ie or book online



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