



Women at Work Skillnet invites members to avail of the following training programme:

Personal Development Programme 10

- **Training will take place over 4 Tuesday evenings**
 - **7th, 14th, 21st, 28th September 2010**
- **Training is free to participants (places are limited)**
- **Courses open to Mandate members who are currently unemployed**

This course is designed to help you build your internal strength in communicating with others, your personal effectiveness in a group situation, your negotiation and conflict management skills with individuals and groups across your union organisations.

The objective of this 4-evening course is to provide you with tools and techniques that will allow you to be more effective in any work or group situation, where you need to communicate more clearly or effectively to get better results and co-operation.

Communication
Assertiveness
Negotiation
Conflict Resolution



Benefits to You, Your Employer and Union:

Communication Skills and greater co-operation are built across your organisations. You add more value to your team and create more effective results within your teams and groups, and build on your skill levels and confidence as an effective communicator.

Trainer: Enda Brennan - Oyster Coaching, www.oystercoaching.com
Where: IBOA, Stephen's Street Upper, Dublin 8
Time: 18.30hrs to 21.30hrs.
Contact: Women at Work Skillnets alacoque@womenatworkskillnets.ie or Mandate's Organising and Training Centre at 01-8369699 with full contact details.