

# FAQs

**Building Workplace Resilience  
in Self and Others | Cert in CPD**



### **How do I apply for the Course?**

Many thanks for your interest in this programme. Applications to the programme can be made through the online system which you will find on our website; <https://www.ucc.ie/en/ace-ccpdbl/>

Once you click on the 'Apply now' button, which is at the end of the programme webpage you will need to set up an account and be logged in to submit your application.

### **What does it cost?**

The cost of the programme is €1,250 euro. This fee is requested in full upon application. All payment related requests and information will come from our colleagues in ACE Finance.

We like to inform candidates that we have an agreement with the Lough Credit Union who will offer very good loan rates for individuals who wish to take out a student loan and pay that back in instalments.

Also of note is the Part-time Financial Aid Fund which is now available to part-time students so for anyone who is accepted onto the programme, this is also an option available to you. Full details are available at <https://www.ucc.ie/en/saf/>

Upon payment of the first half of the fee and acceptance onto the programme you will be registered as an official UCC student and receive an ID card.

### **What job opportunities arise from completing the course?**

This Postgraduate Certificate is an ideal foundational programme in mindfulness and supports you to gain entry to the mindfulness teacher training programme: MSc in Mindfulness Based Wellbeing <https://www.ucc.ie/en/ace-mscmbw/>

### **What can I study after this Programme?**

Once you have completed the CPD Certificate in Building Workplace Resilience in Self and Others the most popular programme students have gravitated towards has been the MSc in Mindfulness Based Wellbeing <https://www.ucc.ie/en/ace-mscmbw/> or the PG Cert in Personal and Management Coaching: <https://www.ucc.ie/en/ace-pcpmc/>

### **What topics will I be studying?**

This part-time fully online delivered programme provides managers, trainers, teachers, HR practitioners and those interested in self-care with the insight, knowledge and tools to promote wellbeing and build resilience in individuals and teams. The programme offers a clear insight into best practice and current research in this area and provides a strong focus on practical skills that can be used in diverse settings to support wellbeing and resilience.

**When will I have to attend lectures?**

All classes are delivered online through live online lectures. Classes are not recorded but all material, slides, handouts etc are made available to the student through our online resource platform called Canvas

**What is the course timetable?**

The programme timetable can be requested from Pat O'Leary; [p.oleary@ucc.ie](mailto:p.oleary@ucc.ie)

**Will I have to complete exams?**

There are no exams on this programme. All students follow a continuous assessment process and submit an assignment for assessment at the end of the programme.

**Who teaches the course?**

Pat O'Leary is the core lecturer on this programme.