

Continuing Professional Development Certificate in
Building Work-based Resilience in Self and Others
(NFQ Level 9)



UCC

University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

ACE

ADULT CONTINUING EDUCATION AT UCC

Continuing Professional Development Certificate in Building Work-based Resilience in Self and Others (NFQ Level 9)

What is the course about?

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.

Who should apply?

Be at least 21 years of age by 1 January of the year of application

Hold an NFQ Level 8 degree, in which at least a second-class honours was awarded;

Or hold an appropriate professional qualification with at least two years' significant experience in a leadership or management position

Applicants whose first language is not English must have attained IELTS Level 6.5 or the equivalent TOEFL score.

How will you benefit?

This short programme brings together key insights, in relation to building resilience, from the areas of Coaching Psychology, Positive Psychology, Mindfulness, Reflective Practice, Wellbeing, Research Skills, Team Development and one to one Person Centered Coaching. It is offered in the recognition that organisational settings are increasingly concerned at the impact of stress on employees and in many cases are actively seeking ways to support staff through changing and challenging times. This course is suitable for those who wish to build their own wellbeing and mental strength and for those who wish to promote and develop wellbeing in the workplace. We live in a time of great complexity and volatility which challenges us to develop a style of engagement that adapts and meets such uncertainty with skill, self-care and psychological flexibility. This programme provides a roadmap for that journey.

How will it be delivered?

This programme is delivered fully online and is completed within four months. It is designed for those interested in the promotion of wellbeing within a diverse range of settings. There will be a total of eight, three hours, workshops. Relevant support materials will be provided, and this will include the provision of an online resource folder that contains practical material for the promotion of wellbeing and the building of resilience among teams and groups. Each participant will learn coaching skills which will assist in one-to-one sessions. One 2,500-word portfolio and a self-reflective learning log will be required as part of the assessment process. Research, reflection and the sharing of personal insight will be encouraged throughout the delivery of the programme.

Fees

€995

Want to Know more?

Programme Coordinator: p.oleary@ucc.ie

Apply now at: <https://www.ucc.ie/en/ace-ccpdbl/>