TRAINING & DEVELOPMENT WORKSHOPS

****NOW OPEN FOR BOOKING****

Workplace Stress: A Cognitive And Philosophical Approach

Date: Thursday 17th October 2024
Time: 10.30am - 11.30am
Location: North Wing Conference Room
Facilitator: George Nagle, Student Counselling & Development
Target Audience: All Staff

Overview:

- Know more about cognitive techniques and philosophical perspectives that will help you prepare for your working day
- Learn how to manage workplace stress continually throughout your working day

BOOK NOW

The Successful Team Leader: Engaging Your Team in the Blended Working Environment

Date: Thursday 24th October 2024
Time: 10am – 12.30pm
Location: MS Teams
Facilitator: Dr Anne Gannon, Staff Wellbeing & Development
Target Audience: Team leaders / managers / supervisors who are not currently participating in the Effective Employee programme

Overview:

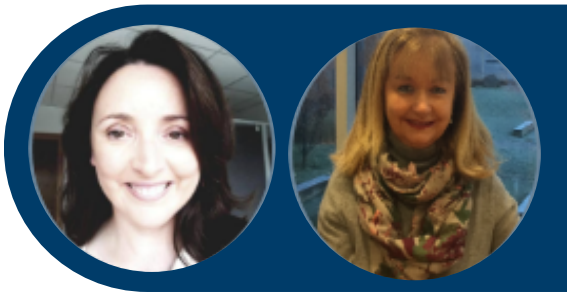
- Identify the drivers for engaged colleagues
- Consider strategies to build and maintain a strong sense of team cohesion and collaboration while promoting a sense of inclusivity and engagement among both in-person and remote team members
- Understand team leader led techniques to motivate and inspire team colleagues, leveraging both intrinsic and extrinsic motivators
- Gain insights into fostering an inclusive team culture that values diverse perspectives and contributions, ensuring that all team members feel valued and engaged

BOOK NOW

Individuals who attend at least 6 Successful Team Leader workshops within an 18-month period & submit a reflective statement will be awarded The Successful Team Leader Digital Badge.

University College Cork
Staff Wellbeing & Development
2024/25
The Successful Team Leader
Coláiste na hOllscoile Corcaigh

Family Friendly Policies Information Session for Managers



Date: Thursday 24th October 2024
Time: 12pm - 1pm
Location: MS Teams
Facilitator: Susan O'Mahony, Staff Wellbeing & Development & Kathy O'Connell, Leave Advisor
Target Audience: Managers / Team Leaders

Overview:

- Understand the purpose of the policy
- Define the role and responsibilities of managers
- Provide practical guidance and support for managers

BOOK NOW

Recruitment and Selection Committee Training

Date: Tuesday 5th November 2024
Time: 10am - 12pm
Location: MS Teams
Facilitator: Grace Conway, Staff Wellbeing & Development & Orla Forrest, HR Coordinator
Target Audience: Staff appointed to a Selection Committee **only**

Overview

- Understand legal and organisational framework surrounding UCC recruitment process
- Understand and exercise your role and responsibilities as a selection committee member
- Recognise the impact of implicit bias
- Develop skills in ensuring a fair and confidential recruitment and selection process and to understand the shared responsibility of the selection committee membership
- Understand actions PIs are required to take to effectively complete the recruitment of researchers (i.e. postdocs, research assistants)

BOOK NOW

Take 90 Minutes - Increase Your Awareness of How Change Impacts You & Your Team Members with MBTI

Date: Tuesday 5th November 2024
Time: 10am - 11.30am
Location: MS Teams
Facilitator: Mary Horgan, Staff Wellbeing & Development
Target Audience: Managers / Team Leaders

Overview:

- Develop an understanding of the psychology of change
- Increase awareness & understanding of the impact of a team member's MBTI® type on their response to change
- Enhance your ability to manage your team's differing responses to change in a positive & constructive way

BOOK NOW

Navigating Through Change

Date: Wednesday 6th November 2024
Time: 9.30am - 1pm
Location: Zoom
Facilitator: Yvonne Clancy, Career Decisions Ireland
Target Audience: All Staff

Overview:

- The context for Change (Understanding Change as a Process and the role you can play in enabling change)
- Putting the 'You' into a change context (Change feels hard – identifying the normal emotional reactions and how they influence a person's experience with the cycle of change)
- Navigating through change (building a change mindset and some professional and personal ways to navigate through change)
- Pinpointing where you are in a current change process (building understanding of what could hold you back from success)
- Taking control of your change experience (planning actionable steps to embrace and be excited about change and meet the challenge)

BOOK NOW

Creativity in the Workplace

Date: Thursday 7th November 2024
Time: 10am - 12pm
Location: North Wing Conference Room
Facilitator: Katie Sandham, Continuous Improvement Lead
Target Audience: All Staff (of particular relevance to roles requiring a degree of creativity either in terms of continuous improvement, problem solving, website or Sharepoint creation and maintenance, content creation of any form, or have responsibility for processes, or have to carve out time to think creatively for any reason)

Overview:

- Participants will explore their own professional creative potential, reflecting on personal strengths and areas for growth in fostering creativity within their roles
- Staff will identify common fears and workplace barriers that inhibit creativity and develop strategies to overcome them in a supportive environment
- Participants will self-reflect on how best to cultivate a personal working environment that encourages creative thinking
- Staff will be introduced to digital tools and platforms that can support creative processes, collaboration, and innovation in their day-to-day responsibilities

BOOK NOW

Duty of Respect & Right to Dignity Policy Information Session for Managers

Date: Thursday 7th November 2024
Time: 12pm - 1pm
Location: MS Teams
Facilitator: Susan O'Mahony, Staff Wellbeing & Development, Paul Ryan, Deputy Director of Human Resources & Veronica O'Connell, Employee Relations Advisor
Target Audience: Managers / Team Leaders

Overview:

- Understand the purpose of the policy
- Define the role and responsibilities of managers
- Provide practical guidance and support for managers

BOOK NOW

An Introduction to Neurodiversity

Date: Tuesday 12th November 2024
Time: 2.30pm - 4.30pm
Location: MS Teams
Facilitator: Eleanor McSherry, Program Coordinator ACE
Target Audience: All Staff

Overview:

- Identify the theories of Neurodiversity and understand its history
- Identify and explore the different conditions of Neurodiversity
- Outline and discuss the strategies in order to recruit, support and integrate trainees/employees who are neurodiverse - focus on practical strategies and reasonable adjustments

BOOK NOW

Click here to view The Effective Employee Workshops 2024/25

Click here to view The Successful Team Leader Workshops 2024/25

BOOK NOW

Click here to view the full brochure of Workshops 2024/25

Watch our Staff Wellbeing and Development Roadshow

Your punctual arrival at workshops is much appreciated.

To ensure you get the most from attending, you are encouraged to have your camera on and are in a position to verbally participate in the discussions.

Other Training Available to UCC Staff

- Professional Skills Digital Badge
- Staff IT Guide
- M365 and more for a Digital Workplace Digital Badge
- The Right to Disconnect Online Training
- The Bystander Intervention Digital Badge Programme
- Brainpower Digital Badge for UCC staff
- Postgraduate Certificate in Teaching and Learning in Higher Education
- The Connected Curriculum Digital Badge Programme
- Committee and Meeting Training
- Other Staff Training Programmes
- Meet your UCC Training Providers – Part 1 (January 2024)
- Meet your UCC Training Providers – Part 2 (January 2024)

Staff working in UCC subsidiaries can email traininganddevelopment@ucc.ie to make a booking.

Only those who receive a confirmation email will have secured a place on the programme applied for. If a workshop is full when you try to book a place, please check ESS or contact us via e-mail the day before to see if there has been a cancellation and a place may have become available.

To book a place on any online session log into https://ess.ucc.ie and book available training sessions via the 'My Training' tab. **Make it easier to find a programme on ESS (once it has been advertised via email) by inserting one keyword into the search box.** If you experience any difficulty in booking, please refer to our ESS My Training Guides.

Cancellation Policy

- Places for all online programmes are limited. **If you are unable to attend a programme you have booked, please cancel at least 48 hours in advance where possible, so we can offer your place to someone else in good time.** To cancel your place, please log on to ESS and go to the 'My Training' Tab.
- If you need to cancel 24 hours or less before a programme, please also email traininganddevelopment@ucc

We reserve the right to cancel a programme if we do not have sufficient bookings or if a facilitator is unavailable at short notice.