



RELAUNCH PROGRAMME

DELIVERED LIVE AND ONLINE
OVER 2 MORNINGS



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THE RELAUNCH PROGRAMME



Specifically designed for **Irish MedTech Skillnet**, the RELAUNCH programme is a **tailored 1-day programme for women returning to the workforce**, which aims to:

- Develop participants' self-confidence
- Empower individuals to further their careers, and to work towards personal development and career goals
- Assist participants in developing their own 'personal brand', to help in pitching themselves more successfully

Under **three key pillars - Commitment, Competence, and Confidence** - our Subject Matter Expert will work with participants to assist them in improving their confidence and self-esteem, becoming 'career-ready', and in working towards their personal goals and objectives.

SUBJECT MATTER EXPERT



ELAINE FITZGERALD MCBARRON

With over 15 years' experience in Human Resources, Learning & Development, and Consultancy, Elaine Fitzgerald McBarron has a proven passion for supporting individuals to realise their potential.

Elaine has gained a wide spectrum of experience training and advising clients across all industries and sectors, including delivering Springboard+ and ETB Return to Work programmes. Amongst her many qualifications, she holds a Masters in Applied Psychology, an MA in Women's Studies, and a degree in HR Management. Elaine believes in creating a learning experience and environment for training participants; this action-learning focus enhances the learning, increases relevance and skills transferability.

PROGRAMME CONTENT

The RELAUNCH programme takes place **online**, over **two 3-hour sessions**, and is centered around 3 key themes; Commitment, Competence, and Confidence:

COMMITMENT

- **Understanding what's your why?**

Before you re-enter your career journey, use our reflection and discussion exercise to identify your career drivers and motivators.

- **Identify your definition of success**

What are the components of success for you now at this stage of your career? Compose a success statement to guide your decisions/actions.

- **Understand and learn your intrinsic motivators**

Discover your strengths using the SIGN approach and learn how to leverage these in your career.

- **Clarify your values**

Our values guide our behaviours and actions. Clarify yours and use these to inform the right choice of job and/or organisation for you.

COMPETENCE

- **Career readiness skills**

Communication, critical thinking, and decision making are examples of career readiness skills. Discover your untapped skills through discussion, case studies, and our Career Readiness Skills scoresheets.

- **Discover in-demand hard and soft skills in the MedTech sector**

Use this knowledge to effectively prepare your CV and perform in interviews. Using a competency model, you will unlock the power of the STAR structure for interviews.

- **Your strengths, weaknesses, opportunities, and threats (SWOT)**

Assess your current SWOT against your career goals, then develop SMART objectives to find your place in the workforce.

PROGRAMME CONTENT

CONFIDENCE

- **Access your Emotional Intelligence (EQ)**

EQ is now widely accepted as a key influencer of career success. Learn the EQ framework and discover your EQ ability. Leverage this knowledge as part of your personal brand.

- **Tackle your self-esteem**

Learn the symptoms and causes of Imposter Syndrome. Discover strategies to boost your self-esteem and to deal with imposter syndrome in your job search and career.

- **Find your support network**

All too often we try to go it alone in our careers. Learn the benefits of reconnecting with and developing your support network, aka your tribe.

- **Access the power of a Growth Mindset**

Keeping an open mind and positive mindset can be challenging when restarting your career. Nurturing a growth mindset on this journey will help manage your stress levels. Learn and practice some empowering techniques to overcome doubt, self-sabotage, and procrastination.



VIRTUAL LEARNING WITH IRISH TIMES TRAINING



HOW DOES IT WORK?

You may be coming to online learning for the first time, and feel nervous or worried that it might be unfamiliar and difficult. Well, you can relax! So long as you have a computer and are able to connect to the internet, ideally with a webcam (although this is not essential) then you're all set!

We use video platforms to deliver our virtual sessions, and each class is secured with password access so only the registered participants can join. All the course materials are made available for you to follow along on-screen, and then join in with the collaboration sessions and activities.

It's all very easy, accessible and fun – so do come in and join us as we embrace this modern and innovative way of working together.

FEATURES OF OUR ONLINE PROGRAMMES:

- Specifically tailored to maximise your online learning experience
- Each module is delivered as a live class by experienced trainer
- Delivered in real time, allowing you to engage with the trainer and your online classmates
- Guided presentation shared by the trainer on screen
- Access to notes and materials after the online sessions