

Rejuvenate

Upskilling women
returning to the
Workforce

Start Date 16 February 2021

Duration To 27 April (11 weeks)

Location Online

More details ucc.ie/en/food/rejuvenate2021/



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Rejuvenate - Upskilling women returning to the Workforce

Do you want to return to work but worry that your skills are out of date? Do you lack the confidence to apply for jobs? Rejuvenate may be the course for you - it has been designed to give you the confidence, skills and know-how to find your ideal job.

Rejuvenate will run online for 11 weeks, commencing 16th February, every Tuesday morning, from 9.30am - 12pm.

Participants will need a computer with a good WiFi/Broadband connection.

Course topics include

- Self-assessment and Training Needs Analysis, Professional Motivation
- Strategies to build Confidence, Resilience and Assertiveness
- Professional Network Development, Mentoring and Active Career Management
- Key job searching skills – CVs, Cover Letters, Understanding Job Listings, Working with Agencies
- Digital Skills - LinkedIn, Social Media Management
- Working in a Team and Balancing Work and Life
- Work Placement – will be project based to adhere to COVID health and safety guidelines. This is an essential component of the Programme.

Please note that if a participant secures employment at the end of the programme, they do not have to complete work placement.

“A must for any woman who has stayed at home to mind their children, it is a journey of rediscovering your potential. An inspiring course”.

2019 Participant

“I got my confidence back both in myself and in my ability to re-join the workforce. I would strongly advise anyone in the position to do the Rejuvenate course to grab the opportunity with both hands”.

2019 Participant

“The Rejuvenate programme has been a hugely positive experience in my life, the support and encouragement received has been invaluable. It has given me a new lease of life and the focus and determination to build a new career. Advice on CVs, interview skills and presentations has been fantastic”.

2019 Participant

For further information please contact Dr Joanne Fearon on 086 3840587, or email rejuvenate@ucc.ie. Alternatively, contact Breda Barber on 043 6687289 or email training@taste4success.ie