

Rejuvenate

Upskilling women
returning to the
Workforce

Winner - IITD National Training Award

Start Date 8 March 2022

Duration To 24 May (12 weeks)

Location Online

More details

www.ucc.ie/en/food/rejuvenate2022

Register

www.tinyurl.com/T4S-Rejuvenate2022



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Do you want to return to work but worry that your skills are out of date?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 12 weeks, commencing 8th March, 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

“Rejuvenate 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

“Before this course I had the will, but not the way, to return to work. Now, I am practically and emotionally ready to return to the workforce”.

2021 Participant

“This training has been life changing! Going forward I intend to frame myself in a more positive light and remember the value I have to offer future employers”.

2021 Participant



Winner of the IITD Best Diversity and Inclusion Award 2020 which recognised an outstanding and innovative initiative, focused on ensuring full access to and participation in the workplace for all.

For further information, please contact Caroline Seacy on 086 854 1005 or email rejuvenate@ucc.ie.

Alternatively, contact Breda Barber on 043 6687289 or email training@taste4success.ie