

Taste 4
Success

Skillnet,

Skills
CONNECT
Reskilling Through Enterprise



Winner IITD National
Training Award 2020

Rejuvenate

Upskilling women
returning to the Workforce

Date **24 Feb 2026**

Duration **13 weeks**

Location **Online**



UCC

Coláiste na hOllscoile Corcaigh
University College Cork, Ireland



Register
t4s.ie/Rejuv-Reg



FOOD INDUSTRY TRAINING UNIT

This Taste 4 Success Skillnet course is co-funded by the Government of Ireland and the European Union



Do you want to return to work but worry that your skills are out of date?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 13 weeks, commencing 24th February 2026, 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
- Project. You are required to complete a project, this is an essential component of the programme.

“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”.

2019 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

“This course has been so helpful to me in terms of adjusting my mindset to work life again. After 10 years away from paid employment, what I have learnt from this course has given me the tools and confidence to apply myself and has subsequently helped to me obtain employment.

Thank you for giving me the opportunity to complete this course. It has really made me think about everything, it has focused my mind and given me so much confidence as far as job applications go”.

2022 Participant



Facilitator Ingrid Seim

Ingrid is an experienced coach, speaker, trainer and facilitator and the founder of Avenues Consultancy & Coaching. She has a master's degree in Coaching and Positive Psychology from University College Cork.

Ingrid has developed several courses on the topics of leadership, wellbeing, resilience, and work-life balance and regularly writes, lectures, facilitates workshops and gives talks in this field.

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.

IITD NATIONAL TRAINING AWARDS

WINNER 2020

Best Diversity & Inclusion Initiative





CATEGORY PARTNER 



IRISH INSTITUTE OF TRAINING & DEVELOPMENT



Eligibility Criteria

- The programme has been designed for Professional Women, returning to, or entering the workplace, as part of the Back to Work and Jobseekers initiatives.
- Where participants do not have employment organised, they will be required to engage in seeking work placement. This is a mandatory requirement for acceptance onto the programme, where individuals have not secured a job.
- You are required to complete a project; this is an essential component of the programme.
- As a Government of Ireland and Member Company funded training network, we can only support those enterprises and candidates meeting the above criteria
- A detailed list of Eligibility Criteria is available on the Skillnet Ireland website by following this link [following this link](#) and should be studied prior to making an application.
- Applicants who do not meet the mandatory criteria will not be able to participate on this programme.

Registration Form Link t4s.ie/Rejuv-Reg

Contact Rachel Delaney on [087 7712454](tel:0877712454) or email rejuvenate@ucc.ie

Alternatively, Taste 4 Success Skillnet on [043 6687289](tel:0436687289) or email training@taste4success.ie

This Taste 4 Success Skillnet course is co-funded by the Government of Ireland and the European Union