

**Foundation Certificate  
in Youth Leadership and  
Community Action**

**Foróige's Leadership programme** has been accredited by the National University of Ireland, Galway, as a Foundation Certificate in Youth Leadership and Community Action.



Module 1



Module 2



Module 3



Foundation Certificate  
in Youth Leadership  
and Community Action  
(NUI Galway, Ireland)

A registration cost of €300 applies for the Foundation Certificate in Youth Leadership and Community Action.

empowering communities  
**foróige**



"I now realise how worthwhile and fulfilling volunteer work is and how beneficial it can be to the people within my community. In future, I will feel more confident in volunteering my help and not always waiting to be approached."

"Made me feel more confident in myself and in my leadership abilities. It gave me a real passion for change in my community and helped me to plan and set goals for my own future."

"It helped me become more confident in expressing my ideas. I also never had an opportunity to set realistic goals and be able to set a date for completion."

"With the skills I learned... I truly believe anything is possible."

"I learned a lot about myself, it was really worthwhile."

**Contact Details**

If you are interested in this programme please contact:

**Foróige's  
LEADERSHIP  
PROGRAMME**



**LEADERS  
ARE MADE**





## Foróige's Leadership Programme

This exciting Foróige programme enables young people to develop the skills and qualities necessary to be good leaders, and challenges them to use these skills in order to improve society. Leadership has been one of Foróige's eight core since its inception in 1952. The programme has been evaluated by NUI Galway, providing promising evidence that young participants in the programme gain benefits from their involvement both personally and in their ability to contribute to their communities.

*"If your actions inspire others to dream more, learn more, do more and become more you are a leader."*

John Quincy Adams

The programme has been developed as a way of exploring vision and passion, and to enable young people to develop key skills such as planning, decision making, critical thinking, goal setting and problem solving that are core to leadership.

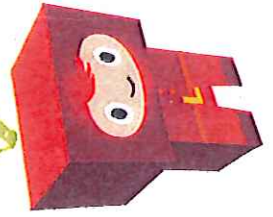


## Foróige's Leadership for Life Programme Aims:

- To enable young people to develop the skills, inspiration, vision, confidence, and action plans to be effective leaders.
- To empower young people to make a positive difference to their society through the practice of effective leadership.

The programme will motivate and equip young people to:

- Identify their personal strengths and the motivations that inspire them to become leaders
- Develop a clear vision of what they would like to achieve as a leader
- Develop a greater understanding of their style of leadership
- Explore the challenges and difficulties of leadership
- Set clear goals and develop action plans to achieve them
- Develop clear communication skills
- Explain and apply methods of conflict resolution
- Practice problem solving and critical thinking skills as part of a group
- Explore local, national and global issues
- Identify goals and vision for the future
- Organise and plan a project
- Understand and use the logic model for planning



## What's involved?

Foróige's leadership programme is for young people aged 15-18 years old.

### Module 1

- 15 one hour workshops
- 15 hours reflection/self-directed learning

### Module 2

- 15 one hour workshops
- 15 hours reflection/self-directed learning

### Module 3

- 20 hours community action project
- 10 hours group & individual reflection

Workshops for Modules 1 and 2 take place in Foróige clubs, projects, schools, or at the annual leadership conference.

Module 3 is an independent project.







**Presentation College  
Headford  
Co. Galway**

September, 2019

**Reference: Leadership for Life Programme**

Dear parent,

We are delighted to be in the position to offer the Foróige *Leadership for Life* programme to a selection of this year's Transition Year students.

Foróige's *Leadership for Life* is an exciting programme that enables young people to develop the skills and qualities necessary to be effective leaders, as well as challenging them to use these skills for the betterment of society.

The programme sets out to empower young people to make a positive difference to their community through practical actions and projects. Throughout the course of the programme, young people learn the core concepts of leadership and gain skills such as communication, teamwork, problem solving, critical thinking, self-awareness etc. The programme sets about developing the leadership capabilities and potential of young people and gives them an opportunity to harness their skills and attributes to contribute to their society in a fun and encouraging environment.

The programme is accredited by NUI Galway as a Foundation Course at Level 6 (NFQ scale), on completion of two modules in Transition Year and a further self-directed module in 5<sup>th</sup> year.

Places on the programme are limited. In the event that the number of applicants exceeds the number of places available, offers will be made based on student responses on the application form. Successful candidates will demonstrate an aptitude for leadership and should have an interest in youth and community affairs.

The programme will be delivered within the school day, in hour-long weekly sessions. A cost of €40 per participant will be payable to the school to defray the cost of student manuals and materials.

Please see the accompanying leaflet for further information or visit <https://www.foroige.ie/our-work/youth-leadership/foroiges-leadership-life-programme-overview>.

Yours sincerely,

Siobhán Shaughnessy  
Programme Facilitator

*Siobhán Shaughnessy*

Sinéad Conlon  
Programme Facilitator

*Sinéad Conlon*

# Foróige Leadership for Life Programme

Transition Year Application Form 2019/'20

Name \_\_\_\_\_

Why would you like to participate in module one and two of the Foróige Leadership for Life programme?

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What activities are you already involved in that show an interest in and aptitude for leadership and community affairs?

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Signed: \_\_\_\_\_