



Membership Schedule

January to April 2023

🕒 Free Live Training

🏆 Certificates

∞ Lifetime access

Hi there,

For the start of 2023, we have some exciting topics, some of which were recommended by you, our valued members.

In this brochure, you will find a schedule of events, giving you more time to prepare and plan for the year ahead.

An outline of each topic is included in this brochure, along with registration links to sign up or share with your teams.

If you have any questions or need help, please do not hesitate to get in touch with me.

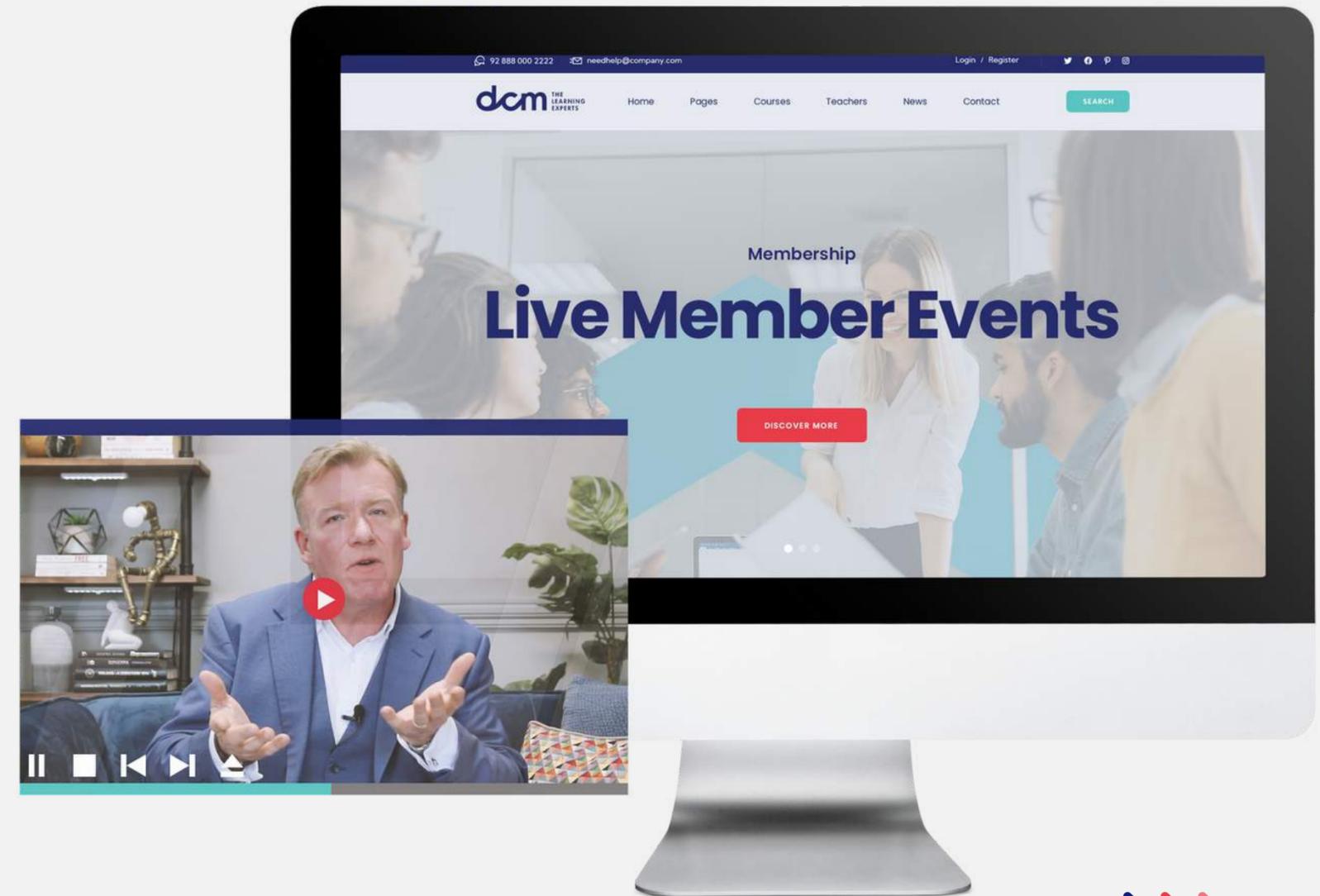
Kindest regards,
Ruth



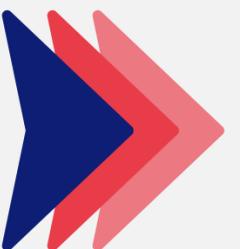
Ruth Caffrey
Membership Manager



What's coming for 2023?



Live Membership Schedule for 2023



2023 Schedule of Live Member Sessions



 **Top Tip**

March 8th is International Women's Day. With this programme you can demonstrate your commitment to narrowing the gender gap by offering this course to your female staff.

How to Kickstart an Employee Wellness Programme

 12pm - 1pm  19th Jan  Zoom

Taking a positive approach to a mental health strategy is not just a good HR initiative; it is essential to running a successful and profitable business. Mental Health plays a vital role in the productivity, functionality and overall well-being of individuals and teams.

By the end of this course you will be able to:

-  Share the message that employees and their well-being are of the utmost importance
-  Prepare for difficulties which may arise
-  Discover what's important to your staff
-  Create awareness and activities

[Register Now >](#)

Prevent Burnout in 2023

 12pm - 1pm  25th Jan  Zoom

Burnout can have an adverse effect on your health and is a vital warning sign to be aware of.

Studies show that the risk of burnout is significantly reduced when self-care becomes part of your daily routine. If you're working long hours, studying for exams, or taking care of young children, preventing burnout will significantly impact avoiding issues such as heart disease, stress, anxiety and depression.

By the end of this course you will be able to:

-  Identify contributing factors and stress triggers
-  Prevent and recover from burnout
-  Discover your personal and individual needs
-  Learn to prioritise

[Register Now >](#)

Find (& Keep) Your Motivation for 2023

🕒 12pm - 1pm 📅 8th Feb 🎥 Zoom

Learn to present your best self in whatever task you're doing in 2023, inspire others to do the same and learn one of the most valuable skills an individual can possess, self-motivation.

Become more resilient in achieving your goals; for those that take time and effort, have an eagerness to succeed and should you fail, seek feedback as a learning outcome.

By the end of this session you will be able to:

- 💡 Identify what inspires you
- 💡 Harness your drive
- 💡 Put things into action
- 💡 Learn from Failure
- 💡 Set and achieve your goals

Register Now >

Creating Healthy Workplace Boundaries

🕒 12pm - 1pm 📅 15th Feb 🎥 Zoom

Boundaries are a necessary part of your well-being, helping you to be in an environment where you feel confident and comfortable.

Learn to turn off, feel comfortable with saying no, and build mutual respect with your colleagues to understand each other's boundaries allowing you to concentrate on what matters outside the workplace.

By the end of this session you will be able to:

- 💡 Define a healthy boundary
- 💡 What positive impact will boundaries have?
- 💡 Turning off and sticking to work hours
- 💡 Building mutual respect
- 💡 It's ok to say "No"

Register Now >

Perform Under Pressure

🕒 12pm - 1pm 📅 22nd Feb 📺 Zoom

Cultivate your mental flexibility so you can handle whatever comes your way.

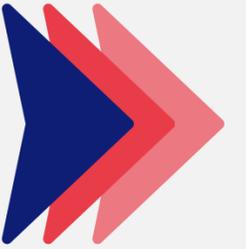
When working under pressure, how we face a stressful situation mostly comes down to how we instinctively react in those first few moments, as a challenge to be met or a fear threat.

By the end of this session you will be able to:

- 💡 Discover common pressures
- 💡 Identify stress triggers
- 💡 Make effective decisions
- 💡 Learn effective problem-solving techniques
- 💡 Maintain your well-being

Register Now >

Women in Leadership Mini-Programme



🕒 4 Part Programme 📅 March 📺 Zoom

Having more women in leadership positions will help to break down barriers by bringing about necessary changes to benefit people of all genders.

This 4-part mini-programme aims to actively narrow the gap critical to career advancement, giving attendees vital leadership skills. More women in leadership positions will help break down these stereotypes and barriers by bringing about the necessary changes that will benefit people of both genders.

Women have historically faced more significant barriers than men in the form of pay gaps and uneven opportunities for advancement. Overcoming these preconceptions and obstacles starts with more women in leadership, bringing about much-needed changes that benefit all genders.



Top Tip

March 8th is International Women's Day. With this programme running throughout March, you can demonstrate your commitment to narrowing the gender gap by offering this course to your female staff.



Nicola McGuinness

Programme Trainer

Nicola is a graduate of Queen's University with an MSc in Business & Management and a BA Hons in Hotel & Tourism Management. Nicola also holds an ILM in Effective Coaching and Mentoring and a Lean in Network Leadership qualification.

Nicola is an accomplished mentor within Women In Business NI, founder and regional leader of Lean In Newry Network and a Gold Tier #IamRemarkable facilitator who empowers women and groups to speak openly about their accomplishments in the workplace and beyond.

Nicola's training style is personable, perceptive and thought-provoking, supporting learners at every stage of their journey and resulting in true confidence so learners can fearlessly take on the world.

"There's Power When Women Come Together."

Learning is not a solo activity

Open Table

Share experiences and advice with one another

Start a Circle

Creating a better future for yourself and others, starts with a community

Skill Building

Members get access to a free online portal with 100's of free courses

Lifetime Access

Receive a recording of Part 1, 3 & 4 with Nicola



Louise Phelan

Guest Speaker

Louise Phelan is a high-level Strategic Advisor with leading global companies. Her international expertise is recognised through her senior independent board membership of Ryanair and her leadership of several Fortune 500 companies over the last three decades as former CEO of Phelan Energy Group, former Global Vice President at PayPal and Senior Manager at GE Money.

Louise's leadership achievements have been widely recognised - she is the first woman to receive the Sir Michael Smurfit Business Achievement Award; she is a recipient of Ireland's Businesswoman of the Year on two separate occasions and was awarded an Honorary Doctor of Philosophy at TUD.



What will you take away from the course?

Actionable Takeaways

A Can-Do Attitude

A Likeminded Network

Leadership Skills

Confidence

This course includes:

- 7+ hours of Live Virtual Training
- Lifetime access
- Certificate of completion



Kiara Bradley,
Project Manager
Lead

I chose DCM as they have worked with a wide variety of large companies. The professionalism and standard of support were impressive and the engagement levels throughout the course was second to none.

DCM has substantial support in place to help you gain your qualification. They have everything in place to put you in a position to up-skill.

Women Drivers

Part 1 of 4

 10am - 12pm  8th March  Zoom

Join our trainer Nicola McGuinness for part 1 of the Women in Leadership Programme, where Nicola will take you through the importance of women leaders in today's world and learn what makes you different and how you can use this to become an accomplished leader.

By the end of this session you will be able to:

-  Understand leadership challenges faced by women today
-  Discover what makes women different
-  Have authentic conversations
-  Begin to build your confidence as a leader

Register Now 

Guest Speaker Louise Phelan

Part 2 of 4

 12pm - 1pm  15th March  Zoom

Be inspired by Louise Phelan and discover her journey into leadership as one of Ireland's most accomplished women in business. Hosted by Nicola McGuinness, this session will be interactive and engaging and give learners a real insight into becoming a woman in leadership.

By the end of this session you will be able to:

-  Discover Louise's journey into leadership
-  Learn what challenges Louise overcame
-  Join discussions in leadership
-  Feel inspired and motivated to become a new or better woman in leadership

Register Now 

Self Promotion & Self-Advocacy

Part 3 of 4

 10am - 12pm  22nd March  Zoom

Self-advocacy, or having a voice of your own, is fundamental to asserting yourself and exploring yourself. It is directly linked to building confidence and self-esteem and is a vital skill for Women in leadership to take on board. During this session, Nicola will explore how you can promote yourself in the best light.

By the end of this session you will be able to:

-  Build a personal profile
-  Advocate yourself and boost your confidence
-  Start with actionable takeaways
-  Assert yourself effectively

[Register Now >](#)

Resilience & Self-Compassion

Part 4 of 4

 10am - 12pm  29th March  Zoom

Building resilience will allow you to sustain your energy levels under pressure, cope with disruptive changes and adapt when needed. In this session, Nicola will give you the tools to build resilience whilst being self-compassionate, finishing the programme with a gentle nudge in the right direction.

By the end of this session you will be able to:

-  Build a community and network of like-minded leaders
-  Learn the characteristics of a strong leader
-  Discover role models you can look up to
-  The importance of female leaders

[Register Now >](#)

Improving Employee Retention

 12pm - 1pm  12th April  Zoom

Employee retention is the key to an organisation's strategic growth and stability in competitive markets.

Discover why most employees leave, learn key retention strategies and transform your organisation to nurture employees building solid relationships to withstand the test of time in a competitive market.

By the end of this session you will be able to:

-  Learn why most employees leave
-  Discover the importance of high retention
-  Benchmark your organisation
-  Develop retention KPI's
-  Learn key retention strategy's

[Register Now >](#)

Resilience for HR Professionals

 12pm - 1pm  19th April  Zoom

Resilience training will allow you to thrive rather than survive!

It's no secret that HR plays an enormous role in any organisation's strategic direction, succession and challenges. Having strong resilience enables you to have the capacity to cope and positively respond when faced with difficult situations.

By the end of this session you will be able to:

-  Understand what it means to be resilient
-  Develop a more positive mindset
-  Begin to create healthy boundaries
-  Practice more self-compassion

[Register Now >](#)

Sourcing & Recruiting Talent

🕒 12pm - 1pm 📅 26th April 🎥 Zoom

Attracting the best talent for your organisation is one of the biggest challenges faced by HR and Management.

Make your recruitment process easier using social media platforms, build and display your company personality and encourage candidates to come forward. Take a step forward in the market and demonstrate the benefits of choosing your organisation.

By the end of this session you will be able to:

- 💡 The importance of a well planned process
- 💡 Common challenges and trends for organisations
- 💡 Using social platforms
- 💡 Incentive schemes
- 💡 Develop a competitive edge

Register Now >

Training for Your Team?

Transform Your Team with a Customised Training Course.

We'll work with you to create the course that your team and business need.

We can facilitate face-to-face or virtual training, and create bespoke sessions targeting your training needs.

With a valid membership, you can expect an approx 10% discount applied for any future bookings, making group training affordable, efficient and convenient.

Enquire >





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