



# LEADING ULSTER FEMALES

## ABOUT THIS PROGRAMME

This programme is designed for females aged 18+ interested in developing personally and leading teams potentially through their role in Gaelic Games.

All participants will attend two days, one at start and one at end of programme, which will examine their leadership skills. They must also attend a mid-point evening session again focusing on their leadership skills. Finally, participants must complete at least two modules from themes across the four strands of coaching, officiating, administration and PR/Media between each of those dates, minimum four in total. Participants may attend more than four modules in total if they wish but it is a minimum of two between each date.



## PROGRAMME BENEFITS

- Engage with like-minded future leaders in Gaelic Games
- Insight and understanding of your own leadership style
- Training and advice from experienced leadership trainers



# PROGRAMME STRUCTURE

Participants must be available for the three generic dates and must then complete at least four of the modules from the strands, at least two between each date. The selected modules must be across strands.



# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

## Leadership Session 1

## Theme: Introduction to Leadership

### 1 Module 1: Introduction to Leadership Programme

- Structure of the programme
- Aims and objectives
- Participant requirements

### 2 Module 2: Being a Leader

- Leadership versus management
- Examining the role & attributes of a strong leader
- Reviewing different levels of leadership
- Exploring the concept of being a leader

### 3 Module 3: Personal Development

- Leadership Styles
- Discover your leadership style
- The strengths and weaknesses of your style
- Adapting your style to a situation

### 4 Module 4: Self Reflection

- Monitor own performance and behaviour
- Analyse opportunities for personal development

### 5 Module 5: Using Social Media

- Lessons from Social Media
- Showcasing your journey

### 6 Module 6: Starting My Journey

- Next steps of the programme
- Personal responsibility

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

## Leadership Session 2

Theme: The Check In

### 1 Module 1: Reflection to Date

- Review learning outcomes since Day 2
- Analyse current practice

### 2 Module 2: Personal Purpose

- Assess personal goals and role in movement



## Leadership Session 3

Theme: The Journey Onwards

### 1 Module 1: Career Progression Planning

- Assess current skills, interests and values
- Explore options and related pathways
- Set career goals

### 3 Module 3: Review

- Key learnings through programme
- Putting theory into practice
- Leadership lessons learned

### 2 Module 2: Next Stage of Your Journey

- Discuss opportunities for maintaining momentum

### 4 Module 4: Graduation

- The final destination

## PROGRAMME CONTENT – MODULES

Participants must complete at least two modules between each date, minimum of four in total.

### Modules Between Leadership Day 1 and Day 2 – *Participants must complete at least two modules*

Module	Starting my PR Journey Including Social Media	Being a Volunteer and a Club Leader
<b>Aims</b>	<ul style="list-style-type: none"> <li>• Introduction to PR/Media</li> <li>• Gain an understanding of journalism and its growth</li> <li>• Recognise the role of social media</li> <li>• Master the skills to utilise various social media</li> <li>• Gain insight into how social media works for a club or county</li> </ul>	<ul style="list-style-type: none"> <li>• Gain an understanding of how a club operates</li> <li>• Identify the expectations of a club and their volunteers</li> <li>• Understand the role of a volunteer coordinator</li> <li>• Ensuring good club governance</li> <li>• Future thinking and decision making</li> <li>• Managing volunteer performance</li> </ul>
<b>Date</b>	Thursday 2 <sup>nd</sup> November 2023, 8pm	Monday 4 <sup>th</sup> December 2023, 8pm
<b>Duration</b>	2 hours (evening)	2 hours (evening)
<b>Delivery Method</b>	Webinar	Webinar



Module	Creating a Positive Coaching Environment	Go Games Referee Course	Introduction to Coaching Gaelic Games
<b>Aims</b>	<ul style="list-style-type: none"> <li>• Explore club player pathways within your club</li> <li>• Understand how to develop a club coaching philosophy to create a positive environment for all players</li> <li>• Identify strategies to ensure a positive environment in your club</li> </ul>	<ul style="list-style-type: none"> <li>• To train referees to officiate at underage levels</li> <li>• To outline the roles and responsibilities of referees</li> <li>• To assist referees with understanding the rules of games</li> <li>• To encourage referees to develop on the referee pathway</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the role of the coach</li> <li>• Teach key points for main skills of the game</li> <li>• Identify how to coach a skill</li> <li>• Develop understanding of movement and how to develop games</li> <li>• Understanding coaching through games</li> </ul>
<b>Date</b>	Monday 22 <sup>nd</sup> January 2024, 8pm	Saturday 20 <sup>th</sup> January 2024, 10am	Saturday 17 <sup>th</sup> February 2024, 10am
<b>Duration</b>	2 hours (evening)	1 day (10am-5pm)	1 day (10am-5pm)
<b>Delivery Method</b>	Webinar	Face to Face (Certified course)	Face to Face (Certified Course)



**Modules Between Leadership Day 2 and Day 3 - Participants must complete at least two modules**

Module	Ensuring Effective Meetings	Being a Diversity and Inclusion Leader	Managing Change
<b>Aims</b>	<ul style="list-style-type: none"> <li>• Holding productive and action orientated meetings</li> <li>• Develop the key skills and behaviours required to facilitate a group discussion</li> <li>• Prepare effectively before facilitating a meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Explore Diversity and inclusion pathways within gaelic games</li> <li>• Understand how to involve your unit in diversity and inclusion opportunities</li> <li>• identify strategies to champion inclusion and diversity within your unit</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of aspects of change</li> <li>• Identify effective ways to manage change</li> <li>• Increase buy-in to change and minimize resistance</li> </ul>
<b>Date</b>	Monday 19 <sup>th</sup> February 2024, 8pm	Thursday 4 <sup>th</sup> April 2024, 8pm	Thursday 25 <sup>th</sup> April 2024, 8pm
<b>Duration</b>	2 hours (evening)	2 Hours (evening)	2 hours (evening)
<b>Delivery Method</b>	Webinar	Webinar	Webinar





Module	Dealing with Conflict	Importance of Teamwork & Managing Teams	Innovation – Where Good Ideas Come From and How to Sell Them
<b>Aims</b>	<ul style="list-style-type: none"> <li>Identify conflict situations and solutions</li> <li>Creating a positive environment</li> <li>To outline methods of prevention of conflict</li> <li>To understand how to deal with conflict scenarios</li> </ul>	<ul style="list-style-type: none"> <li>Identify individual team member strengths and how to manage a team</li> <li>Recognise the common barriers to delegation, how to overcome these and reap the benefits of delegation</li> <li>Understand the roles and duties of a range of team members and how to get them to work together effectively and cohesively</li> </ul>	<ul style="list-style-type: none"> <li>Understanding innovation and the benefits</li> <li>Keeping ahead of the curve</li> <li>Unleashing the innovative leader</li> <li>Getting buy in for ideas</li> </ul>
<b>Date</b>	Thursday 9 <sup>th</sup> May 2024, 8pm	Monday 20 <sup>th</sup> May 2024, 8pm	Monday 10 <sup>th</sup> June 2024, 8pm
<b>Duration</b>	2 hours (evening)	2 hours (evening)	2 hours (evening)
<b>Delivery Method</b>	Webinar	Webinar	Webinar



## APPLY NOW

### Step 1

- Complete the application form [HERE](#)

### Step 2

- Applications will be reviewed and applicants will be shortlisted

### Step 3

- Shortlisted applicants may complete short conversation with member(s) of Leinster Gaelic Games either in person or by phone

### Step 4

- Successful applicants will be notified by Friday 13th October

### Step 5

- Applicants will confirm place