



INTENSIVE TRAINING PROGRAMMES

Leadership & Management Training:

*Conflict Management
Developing Facilitation Skills
Facilitative Leadership
Team Leading*

Relevant to group leaders and organisers, these workshops aim to give you greater confidence in your ability to lead collaborative processes, navigate difficult situations and to engage others in achieving common goals.

Residential Training:

The 'Leading Age' Residential Program

The 'Leading Age' Residential is a new initiative aimed at leaders and potential leaders among the ranks of older people, who are active in challenging the many inequalities and injustices that affect us in later life. The programme emphasises active, participatory learning, and builds upon the issues of the participants to guide and support the active advancement of advocating for change.



If you would like to find out more about any of our programmes:

For further information on any of our courses, or to tailor a session specifically for your organisation, please contact:

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older louder stronger



Get Your Voice Heard!!!

FREE practical workshops to support older people advocating for change



Do you feel strongly about issues affecting older people, but are unsure as to how you can bring about change for the better?

The WEA has developed a range of practical training sessions and intensive programmes focusing specifically on getting the voice of the older person heard.

A number of **FREE workshops** focusing on developing confidence and practising advocacy skills are available throughout the year in various locations and are open to all individuals aged 50+.

Groups can also opt for a **FREE longer-term advocacy programme**, whereby workshops are tailored specifically to the group's particular needs, delivered locally, and accompanied by ongoing mentoring support.

All our training workshops and programmes are:

- offered entirely free of charge through the Changing Ageing Partnership (CAP)*
- open to all older people (50+) or groups in the ageing sector who are interested in being actively involved in advocating for change
- learner-driven, with everything from the pace of delivery to the duration of the sessions being flexible.

**The Changing Ageing Partnership (CAP) brings together Age Concern Northern Ireland, Help the Aged, Queen's University Belfast and the Workers' Educational Association and is funded by The Atlantic Philanthropies*

** CAP's vision is of a strong, informed voice capable of challenging attitudes and approaches to ageing.*



WORKSHOPS

Defining your issue:

*Lobbying Workshops
Campaigning Training*

These workshops will help to identify and define your issue, and also offer the opportunity to practice a range of lobbying skills, develop networks and map out a constructive lobbying or campaigning plan of action.

Engaging others:

*Getting involved in your community
Building successful collaborations*

These in-depth self-development workshops will help individuals to build the skills necessary for effective involvement in community actions, and help generate workable solutions to many of the issues partners face, such as creating trust and sustaining commitments.

Creating win-win situations:

Principled Negotiation Skills

This highly popular workshop offers a practical, structured approach to negotiation and is useful in any scenario, particularly in negotiating better services for older people. It can be delivered as a one-day 'taster' session, and also as a more intensive 3-day accredited programme.

Publicising your message:

*Media Workshops
Presentation Skills*

The media workshops cover the essential knowledge needed to enable you to get your message into the Press, and onto Radio and Television. Improved confidence in public speaking and interview situations can be gained through the range of useful tips and practice scenarios in the Presentation skills workshops.

Effective Communication (Computers):

*Computer Skills (all levels)
Internet & Email*

Learn how to communicate your message more clearly and efficiently through Email, and how useful the Internet can be, particularly in researching, clarifying details or networking with other groups.

Creating a Professional Image:

*Digital Photography
E-images
Web Page Creation
E-Presentations*

Improve the quality of your publicity materials (flyers, posters, etc) through the use of photographs and/or images, or learn about the many uses of manipulating digital pictures from a camera. You could support your presentations or emails through a computer slide-show showing information or images, or even create a web-page for your organisation.