

Launchpad

Empowering women to resume their careers through professional reskilling & personal development.



MEET LUDGATE

The Ludgate Hub provides remote workers with a professional and collaborative place to work, offering hot desks, private meeting rooms and conference facilities.

Ludgate also runs a range of programmes for start-ups, provides professional business supports, and delivers bespoke educational and training courses.



Launchpad

COURSE SUMMARY

Launchpad is designed for West Cork women returnees between the ages of 25-64.

The programme will support women who have taken career breaks or who, for a variety of reasons, are no longer in paid employment on their journey back to work.



COURSE GOALS

The programme will address:

- Reskilling, upskilling and bridging the digital skills gap.
- Personal development and self-confidence.
- Building your social media profile and signposting your availability for work.
- Navigating the rural employment landscape and creating a network.
- Starting your own business or further education goals.
- Next steps in your career comeback.

WHY LUDGATE

Ludgate's vision is to provide education and training that is relevant to the current needs of learners, participants, educators, and organisations.

Ludgate recognises there are individuals and groups whose needs are not being met by mainstream educational programmes. Launchpad aims to meet these needs.

WHY CORK ETB

Cork ETB is a driving force of education and training in Cork, providing high quality services which are innovative, responsive and inclusive.

It believes there is a pathway for every learner to reach their full potential.

PROGRAMME DELIVERY

The programme will consist of weekly in-person workshops at the Ludgate Hub. In addition, workshop documents will be made available to participants on the Ludgate management system (Canvas).

The programme duration is 12 weeks, and coincides with the school calendar year to ensure participants can co-ordinate the programme and their other demands. Ludgate will make facilities, equipment and mentors available to the participants. Ludgate will also alert employers to this pool of available talent and experience.

What Launchpad will deliver....

1

Support the candidate with training, coaching and mentorship.

2

Guide participants in navigating the rural job landscape and establishing their online profile and network.

3

Help female entrepreneurs take the first steps in starting their own business.

4

Facilitate a mentor relationship to guide candidates back to the workplace.

5

Alert employers to the availability of these high calibre, experienced and motivated candidates.

PROGRAMME MODULES

Introduction

- ▶ Overview
- ▶ Introductions
- ▶ Expectations
- ▶ Resources
- ▶ Support
- ▶ Success Strategy
- ▶ LMS Navigation



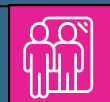
Motivation

- ▶ Resilience
- ▶ Goal Setting
- ▶ Cognitive Behaviour
- ▶ Regulation



Reflection

- ▶ Assessment
- ▶ Strengths & Weaknesses
- ▶ Planning - Personal and Professional



Communication

- ▶ Habits
- ▶ Preparation
- ▶ Emotion / Story telling
- ▶ Listening



PROGRAMME MODULES

Social Media



- ▶ LinkedIn
- ▶ Twitter
- ▶ Facebook
- ▶ Instagram

Digital Skills



- ▶ Introduction
- ▶ Microsoft & Google Suite
- ▶ Presentations Creation & Skills
- ▶ Telecommunications (Zoom, Teams)
- ▶ Canva
- ▶ Don't fear Tech, you can't break it

Project Management Skills



- ▶ Introduction - What is PM?
- ▶ Defining The Project
- ▶ Timelines & Objectives
- ▶ Stakeholder Communication & Management
- ▶ Capturing Budgets

PROGRAMME MODULES

CV



- ▶ Structure
- ▶ Layout
- ▶ Content
- ▶ Employment Landscape

Interview Prep



- ▶ Interview Preparation
- ▶ Questions & Responses
- ▶ Research
- ▶ Mock Interview
- ▶ Dress Code

LEO - Start Your Own Business Taster



- ▶ From idea to getting started
- ▶ Knowing your customer and target market
- ▶ Developing your business plan / sales & service
- ▶ Funding and financial planning
- ▶ Governance and tax

Upskilling / Further Education Opportunities



- ▶ Further Education Options
- ▶ Entry Requirements
- ▶ Cost & Timeframes

PROGRAMME MODULES

Review of Programme & Next steps

- ▶ Learnings
- ▶ Ongoing Mentoring
- ▶ Feedback Survey
- ▶ Wrap Up



Mentoring

- ▶ Pairing with a mentor from professional field



COACHING AND MENTORS

Participants will be offered the option of a 1-2-1 individual consultation with a professional business coach to focus further on either...

- Personal Development (including key strengths and weaknesses)
- CV Preparation & Interview Techniques

Each participant will be matched with a mentor for a personal 1-2-1 session. The mentor will help provide clarity, direction and guidance to the participant on their journey back to work.



POST PROGRAMME

Post programme Ludgate will create a contact group which will maintain support among the candidates as they make their transition to the workplace. We also encourage candidates to become each other's support and mentors.

CONTACT US

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