



Believe
Unlock Potential
Achieve

BUA

PROGRAMME

Life Skills for Young People

WHAT IS IT?

The BUA programme is a self-development initiative aimed at supporting young people in the association to develop leadership skills and qualities to benefit their community through expert led workshops and self-reflection, before participants put their enhanced leadership skills into action through a club action project.

WHO CAN APPLY?

Young Females aged 16-19 years that want to improve their leadership skills and ensure there are strong foundations in place to build on for future years.

WHAT WILL I LEARN?

Selected participants will engage in learning covering topics essential for young people, including resilience, dealing with change, building trust and respect, conflict resolution, problem solving, project planning and delegation as well as some LGFA specific topics including introductions to coaching, officiating and administration.

WHEN WILL BUA START AND WHAT IS THE STRUCTURE?

The programme will begin in June and finish in February 2022. The participants will attend five leadership training sessions remotely and there will be two LGFA specific modules between each leadership session that participants can choose from depending on their area of interest.

HOW TO APPLY?

Complete the applications at
<https://ladiesgaelic.ie/lgfa-hub/games-development/bua-programme/>
closing date is **Monday 24th May**



LGFA
PEIL na mBAN

ciste na
gcuntas díomhaoin
the dormant
accounts fund

**SPORT
IRELAND**