



LEADING ULSTER FEMALES

ABOUT THIS PROGRAMME

This programme is designed for females aged 18+ interested in developing personally and also leading teams potentially through their role in LGFA and the GAA.

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 Ulster 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

4 Module 4: Self Reflection

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

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

5 Module 5: Using Social Media

- Lessons from Social Media
- Showcasing your journey

3 Module 3: Personal Development

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

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

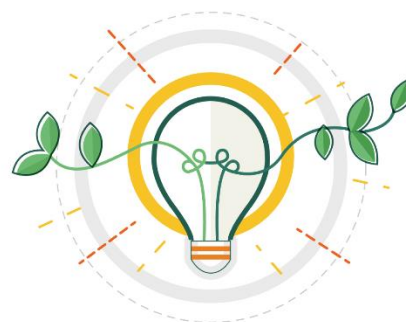
Participants must complete at least two modules between each date, minimum of four in total.

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

Module	Introduction to Coaching Gaelic Games	Starting my PR Journey Including Social Media	Being a Volunteer and a Club Leader
Aims	<ul style="list-style-type: none"> Identify the role of the coach Teach key points for main skills of the game Identify how to coach a skill Develop understanding of movement and how to develop Understanding coaching through games 	<ul style="list-style-type: none"> Introduction to PR/Media Gain an understanding of journalism and its growth Recognise the role of social media Master the skills to utilise various social media Gain insight into how social media works for a club or county 	<ul style="list-style-type: none"> Gain an understanding of how a club operates Identify the expectations of a club and their volunteers Understand the role of a volunteer coordinator Ensuring good club governance Future thinking and decision making Managing volunteer performance
Date	Saturday 9 th October, 10am	Monday 4 th October, 8pm	Wednesday 20 th October, 8pm
Duration	1 day (10am-5pm)	2 hours (evening)	2 hours (evening)
Delivery Method	Face to Face (Certified course)	Webinar	Webinar



Module	Innovation – Where Good Ideas Come From and How to Sell Them	Dealing with Conflict
Aims	<ul style="list-style-type: none"> • Understanding innovation and the benefits • Keeping ahead of the curve • Unleashing the innovative leader • Getting buy in for ideas 	<ul style="list-style-type: none"> • Identify conflict situations and solutions • Creating a positive environment • To outline methods of prevention of conflict • To understand how to deal with conflict scenarios
Date	Tuesday 2 nd November, 8pm	Thursday 29 th November, 7.30pm
Duration	2 hours (evening)	2 hours (evening)
Delivery Method	Webinar	Face to Face



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

Module	Ensuring Effective Meetings	Grab Your Whistle Youth Referee	Managing Change
Aims	<ul style="list-style-type: none"> • Holding productive and action orientated meetings • Develop the key skills and behaviours required to facilitate a group discussion • Prepare effectively before facilitating a meeting 	<ul style="list-style-type: none"> • To train referees to officiate at underage levels • To outline the roles and responsibilities of referees • To assist referees with understanding the rules of games • To encourage referees to develop on the referee pathway 	<ul style="list-style-type: none"> • Develop an understanding of aspects of change • Identify effective ways to manage change • Increase buy-in to change and minimize resistance
Date	Wednesday 15 th December, 8pm	Saturday 8 th January, 10am	Tuesday 18 th January, 8pm
Duration	2 hours (evening)	1 day (10am-5pm)	2 hours (evening)
Delivery Method	Webinar	Face to Face (Certified course)	Webinar



Module	Importance of Teamwork & Managing Teams	Creating a Positive Coach Environment
Aims	<ul style="list-style-type: none"> • Identify individual team member strengths and how to manage a team • Recognise the common barriers to delegation, how to overcome these and reap the benefits of delegation • Understand the roles and duties of a range of team members and how to get them to work together effectively and cohesively 	<ul style="list-style-type: none"> • Explore club player pathways within your club • Understand how to develop a club coaching philosophy to create a positive environment for all players • Identify strategies to ensure a positive environment in your club
Date	Tuesday 8 th February, 7.30pm	Tuesday 15 th February, 8pm
Duration	2 hours (evening)	2 hours (evening)
Delivery Method	Face to Face	Webinar



APPLY NOW

[CLICK HERE TO DOWNLOAD APPLICATION FORM](#)

Step 1

- Complete the application form at <https://forms.office.com/r/j9VTi1TTVA>

Step 2

- Applications will be reviewed and applicants will be shortlisted

Step 3

- Shortlisted applicants will complete short conversation with member(s) of Ulster LGFA/ GAA either in person or by phone

Step 4

- Successful applicants will be notified by Friday 20th August

Step 5

- Applicants will confirm place