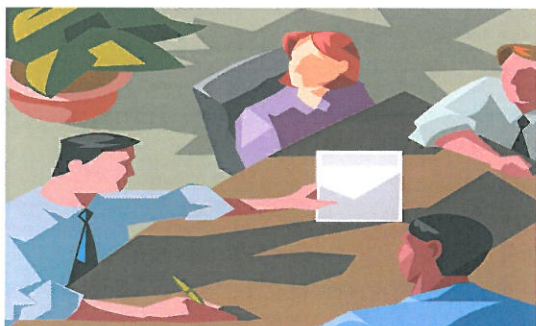


Communications & Personal Development (CPD)

Gain a National Qualification with a QQI Level 5 course and develop your own skills and learn more about your rights & your society.



This training course is FREE & designed for YOU!

VENUE:	Mandate Training Centre, Distillery Road, Dublin 3
DATE:	Tuesday 7th March 2017 – Tuesday 30th May 2017 (Each Tuesday Evening x 12 Weeks)
TIME:	6:30pm – 9:30pm

Course Content:

- **Communications skills; Public Speaking Skills, Better Writing Skills**
- **Finding the right information that will steer you in the right direction.**
- **Further understanding of the environment in which we live and work.**
- **The social, political and economic landscape of Trade Unions.**
- **Media ownership – who is telling you what and why?**
- **Social Media – What it is all about.**
- **How to write a good CV or application form.**

Course Objective:

The **objective of this course** is to provide you with tools and techniques that will allow you to know more, learn more and develop yourself, your knowledge and your abilities for your own personal and professional development.

Contact Mandate's Training Centre by Monday 27th February on 01-836 9699 or email mandateotc@mandate.ie if you are interested in taking this course

Training is free to Mandate Members but courses are also open to Mandate Members who are currently unemployed. All courses need a minimum of 10 participants and may form in your area based on the level of interest.

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