

Kaleidoscope – Guiding Family Carers Back to Paid Employment

Care Alliance Ireland, supported by Pobal and the Department of Social Protection, are delighted to announce a 12-week training course for family carers (caring for a family member, friend or neighbour) who are considering returning to the workforce in the near future.

Sessions will focus on:

- Building confidence to return to paid employment
- CV building and interview skills
- Caring for yourself (including access to 1:1 coaching, welfare and business supports)
- Identify and manage your 'working' and 'caring' role
- Develop social media and networking skills
- Developing a personalised return-to-work plan

This course is for you if you are:

- A current family carer
- Not currently in paid employment
- A member of the Family Carer Support Group Ireland Facebook page
- Able to commit to a 2-hour online session per week (*Thursdays 10am-12 noon)
- Able to commit up to 5 hours offline 'homework' per week
- Able to use Zoom and have a robust internet connection

The course starts on Thursday 6th May from 10am-12 noon and will run weekly until Thursday 22nd July 2021. The course content and delivery is valued at approximately €2,500 per participant. However, we are delighted to offer this course free of charge to successful applicants.

For enquiries and/or to register your interest email Lisa or Aisling at: kaleidoscope@carealliance.ie

*Subsidised care costs for Thursday mornings are available on request

