



Kaleidoscope – Guiding Family Carers Back to Paid Employment

Care Alliance Ireland, supported by Pobal and the Department of Social Protection, are delighted to announce the third 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, recruitment 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 family carer
- You are not currently in paid employment
- You are able to commit to a 2½ hour online session per week (Thursdays 10am-12.30pm) *
- You are able to commit up to 3 hours offline 'homework' per week
- You are able to use/committed to learning how to use Zoom and have a robust internet connection

The course runs weekly, over 12 weeks from the 13th January-7th April 2022. 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 please email Lisa at:

kaleidoscope@carealliance.ie

*Replacement care costs for Thursday mornings are available on request

