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DCM Members

Monthly Live Training Schedule

July to Sept 2024

🎥 Free Live Training

🏆 Certificates

∞ Lifetime access

Hello,

Welcome to our upcoming series of Q3/24 webinars!

After a phenomenal Q2/2024, where we were delighted to welcome over 4,000 learners—double the number from Q1—we are incredibly excited to present you with an even more engaging and diverse schedule of live events for the upcoming quarter.

As always, these webinars are free and unlimited for DCM Learning Members, providing you and your teams an invaluable opportunity to expand your knowledge, enhance your skills, and stay ahead in your respective fields.

Our Q3/24 webinar series has been carefully curated to offer something for everyone, we look forward to welcoming you and your teams and continuing our journey of learning and growth together!



Ruth Caffrey



Membership Manager
ruth@dcmlearning.ie

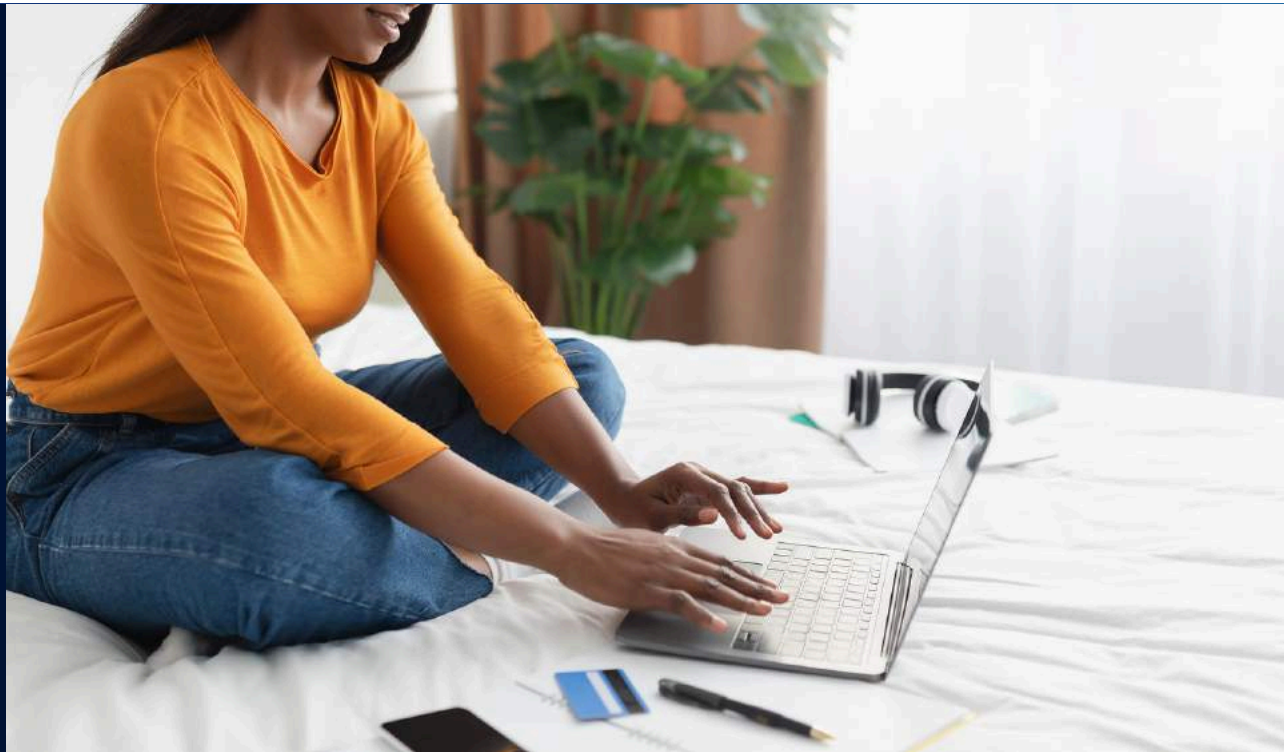
Contents

- Q3 2024 Schedule**Page 4
- Guest Speaker Events**Page 5-7
- Wellness & Wellbeing**Page 8-11
- Excel at MS Excel**Page 11-14
- Women in Leadership**Page 15-19
- Management & Leadership**Page 20-22
- Lean & Business Agility**Page 23-26
- Soft Skills**Page 27-29
- Webinar Certificates**Page 30





Q3 2024 SCHEDULE



Q3/2024 Members Webinar Schedule



Delivered via Zoom



All webinars recorded, except guest speaker events ★



Free and Unlimited for DCM Members

Guest Speaker Events



Disability Pride Month (July)

WALK | Employing People With Disabilities

WALK supports individuals with intellectual Disability and or Autism on their unique journey, empowering each person to acquire the knowledge and skills to live a life of their choosing.

9th July 10am – 11am

Wellness & Wellbeing

Sleep School | Goodnight

26th July 10am – 11am

Me Time Coaching | Optimise Self-Care

19th Aug 10am – 11am

Menopause | Facts, Myths & Workplace Solutions

9th Sept 10am – 11am

Lean & Business Agility

Yellow Belt Programme | Organisational Excellence

Part 1 – Making Lean Work for Your Organisation

1st July 10am – 12pm

Part 2 – Problem Solving & Eliminating Wasteful Processes

2nd Aug 10am – 12pm

Part 3 – Measurement & Continual Improvement

2nd Sept 10am – 12pm

MS Excel

Excel at Excel | Basic Skills

15th July 10am – 11:30am

Excel at Excel | Intermediate Skills

12th Aug 2pm – 3:30pm

Excel at Excel | Advanced Skills

23rd Sept 10am – 11:30am

Women in Leadership

Female Drivers | IQ vs EQ

8th July 10am – 11am

Female Drivers | Exclusive Networking Event

Personal invite only to those most engaged to date

30th July 10am – 11:30am

Female Drivers | The Power of No!

19th Aug 2pm – 3pm

Female Drivers | Sustain Your Leadership Position

2nd Sept 2pm – 3pm

Management & Leadership

Effective People Management | Tips & Techniques

22nd Aug 2pm – 3pm

Managing with Impact | Managerial Resilience

4th Sept 10am – 11am

Soft Skills

Influence & Persuasion Skills

26th Aug 10am – 11am

Leading Effective Virtual Meetings

6th Sept 10am – 11am

GUEST SPEAKER EVENTS



WALK

EMPLOYING PEOPLE WITH DISABILITIES

📅 9th July ⌚ 10am - 11am 🎥 Zoom

With an unemployment rate of over 85% for people with intellectual disabilities, compared to the reported 56% for people with disabilities in general, it is evident that there is a significant gap in services facilitating employment opportunities.

WALK, a non-profit organisation, acknowledges this gap and works to support adults with disabilities by collaborating with various organisations to facilitate their employment.

During this webinar hear the success stories and how your organisation can work towards being more inclusive!



Our Mission

We are leaders in a movement for change, empowering people with disabilities to live self-determined lives in an equal and inclusive society

Topics Covered

- ✓ People with Disabilities in the Workplace
- ✓ The Journey from Building Experience to a Career
- ✓ The Role of WALK
- ✓ Next Steps for Employers

SPEAKERS



WALK GUEST SPEAKER LINEUP



Elaine Nolan, Director of Day Supports, WALK

With 24+ years experience in the Disability Sector Elaine brings a wealth of knowledge focused on promoting the rights of people with disabilities.



Mark Hart, Programme Coordinator, WALK

With 10+ years experience in the Disability Sector supporting and empowering young people with additional needs in education, employment and further education.



SPEAKERS SUPPORTED BY WALK

Lorna Dowling

Assistant at Little Tots Crèche & Retail Assistant at Centra

Cillian Keating

Warehouse Assistant in Creative Technology Ireland

Manufor Patrick Chickwe

Kitchen Assistant at The Green Kitchen

Thomas Gartland

Service Officer in the Dept. of Children

Kathleen Martinez

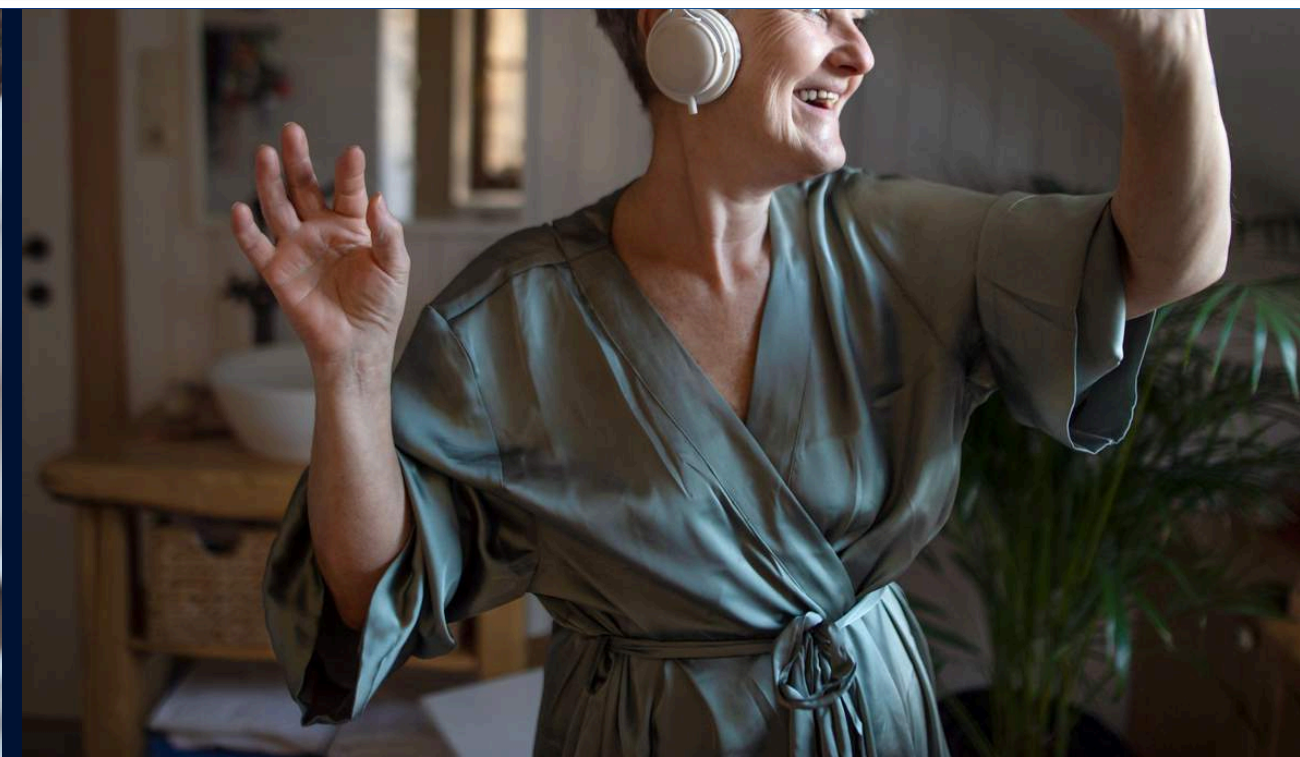
Trainee in WALKWAY's Tallaght University Hospital Programme

[Register](#)





WELLNESS & WELLBEING



WELLNESS & WELLBEING

SLEEP SCHOOL

📅 26th July ⌚ 10am - 11am 📺 Zoom

In this session, we'll explore the intricate connections between sleep patterns and overall well-being, uncovering the reasons behind sleep struggles and offering effective strategies to optimise your sleep routine. From understanding the importance of sleep hygiene to adopting practical techniques for enhancing sleep quality, this webinar promises to equip you with the knowledge and tools necessary to develop healthier sleep habits.

Don't miss this opportunity to improve your sleep quality and overall well-being!



Sue Landsberg

DCM Learning Trainer

10 years + of Training Experience as an Executive & Life Coach & Mindfulness Trainer.



Topics Covered

- ✓ Sleep and Health
- ✓ Why You May be Struggling to Sleep
- ✓ Fixing Your Sleep Routine
- ✓ Developing Good Sleep Habits

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WELLNESS & WELLBEING

ME TIME COACHING

📅 19th Aug ⌚ 10am - 11am 📺 Zoom

Learn about the significance of self-care, discover practical self-care strategies, and gain insights into setting boundaries and saying no. Whether you're balancing work, family, or other commitments, building a sustainable self-care routine is essential for your well-being.

Don't miss this opportunity to invest in yourself and achieve a healthier, more balanced life!



Sue Landsberg

DCM Learning Trainer

10 years + of Training Experience as an Executive & Life Coach & Mindfulness Trainer.



Topics Covered

- ✓ Understanding the Importance of Self-care
- ✓ Practical self-care Strategies
- ✓ Setting Boundaries & Saying No
- ✓ Building a Sustainable Self-care Routine

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»» MENOPAUSE FACTS, MYTHS & WORKPLACE SOLUTIONS

📅 9th Sept ⌚ 10am - 11am 📺 Zoom

Did you know that menopausal women are the fastest-growing demographic in the workplace? Six out of ten menopausal women report that their symptoms have harmed their work, yet nine out of ten feel unable to talk to their colleagues about their menopause.

In this webinar, we'll provide you with the confidence and knowledge to promote a healthy and supportive working environment for those experiencing menopause. We'll cover essential topics and how menopause impacts the workplace.



Clare Hegarty

DCM Learning Trainer

An established wellness & menopause expert with over 10+ years of experience dedicated to empowering individuals.



Topics Covered

- ✓ What is Menopause?
- ✓ Menopause Facts & Dispelling Myths
- ✓ Symptom Management
- ✓ HRT, Treatment & Lifestyle Options
- ✓ Menopause in the Workplace

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EXCEL AT EXCEL



EXCEL AT EXCEL BASIC SKILLS

📅 15th July ⌚ 10am - 11:30am 📺 Zoom

Whether you're a novice or looking to refresh your knowledge, this session is tailored to equip you with essential skills for navigating and utilising Excel effectively. From spreadsheet navigation to basic formulas and formatting, we'll guide you through the fundamental tools that form the backbone of Excel proficiency.

Join us for an interactive and engaging session, where you'll gain practical insights and hands-on experience to boost your confidence in using Excel for everyday tasks. Don't miss this opportunity to enhance your spreadsheet skills and streamline your workflow in just 90 minutes!



William Campbell

DCM Learning Trainer

15 years + experience as a Business Trainer and Consultant.d consultancy services.



Topics Covered

- ✓ Introduction to Excel
- ✓ Inputting Data into Cells
- ✓ Basic Formula
- ✓ Common Functions
- ✓ Sorting & Filtering

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»» EXCEL AT EXCEL INTERMEDIATE SKILLS

📅 12th Aug ⌚ 2pm - 3:30pm 📺 Zoom

Dive into the next level of Excel expertise with our Intermediate Excel Skills webinar, a comprehensive 90-minute session designed to elevate your spreadsheet proficiency. Discover advanced formulas, data manipulation techniques, and powerful functions that will enhance your ability to analyse and present data with precision.

Join us for this hands-on webinar where you'll gain practical insights and valuable skills that bridge the gap between basic and advanced Excel usage.



William Campbell

DCM Learning Trainer

15 years + experience as a Business Trainer and Consultant.d consultancy services.



Topics Covered

- ✓ Logical Functions
- ✓ LookUp Functions
- ✓ Data Analysis Tools
- ✓ Advanced Charting Techniques
- ✓ Data Clearning and Transformation

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»» EXCEL AT EXCEL ADVANCED SKILLS

📅 23rd Sept ⌚ 10am - 11:30am 📺 Zoom

From advanced data analysis techniques to User forms, you will discover functions to the advanced uses of Excel to take your skills to the next level.

Join us for an immersive and interactive experience, where you'll gain the expertise needed to tackle intricate data challenges and become a true Excel virtuoso. Elevate your skills in just 90 minutes and unlock a new level of proficiency!



William Campbell

DCM Learning Trainer

15 years + experience as a Business Trainer and Consultant.d consultancy services.



Topics Covered

- ✓ Advanced-Data Analysis Techniques
- ✓ Advanced Lookup Functions
- ✓ Power Query and Data Modeling
- ✓ Data Model and Relationships
- ✓ Introduction to DAX

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WOMEN IN LEADERSHIP



»» FEMALE DRIVERS IQ VS EQ

📅 8th July ⌚ 10am -11am 📺 Zoom

In this session, we'll delve into how women can leverage both their intellectual capabilities and emotional intelligence to excel in leadership roles. From navigating complex workplace scenarios to fostering inclusive and empowering environments, we'll explore the intersection of intellect and emotional acumen in effective leadership.

Don't miss this opportunity to gain practical tools and knowledge that can propel your career forward!



Rachel Owens

DCM Learning Trainer

4 years + of Training Experience as a Business Trainer and Business Mentor



Topics Covered

- ✓ Leveraging EQ for Career Advancement
- ✓ Balancing IQ with Emotional Competence
- ✓ The Power of EQ in Problem Solving & Making Difficult Decisions

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»» FEMALE DRIVERS NETWORKING EVENT

📅 30th July ⌚ 10am -11:30am 🎥 Zoom

Invite Only 50-70 learners who have engaged the most with our Women in Leadership webinars since 2023 will receive personal invite to join this event. Learners will have cameras and mic's on and will partake in an engaging networking activity and share their own experiences and thoughts on carefully selected discussion points.

Invitee's from..



Networking Event Plan

- ✓ Network Introductions
- ✓ Engaging Ice Breaker Activity
- ✓ Likability Bias, is it affecting your progression?
- ✓ Performance & Attribution Bias, do you own your accomplishments?
- ✓ Summary of Event



Rachel Owens
DCM Learning Trainer
4 years + of Training Experience as a Business Trainer and Business Mentor

»» FEMALE DRIVERS

THE POWER OF NO

📅 19th Aug ⌚ 2pm -3pm 📺 Zoom

Join us for an empowering webinar focused on cultivating confidence to say "no" in leadership positions. Explore strategies for setting boundaries, effectively communicating limits, and overcoming guilt and people-pleasing tendencies.

Learn techniques for saying "no" with grace while maintaining professional relationships. Whether you're a seasoned executive or an aspiring leader, mastering the power of "no" is essential for success.



Rachel Owens

DCM Learning Trainer

4 years + of Training Experience as a Business Trainer and Business Mentor



Topics Covered

- ✓ Build the Confidence to Say No
- ✓ Setting Boundaries
- ✓ Overcoming Guilt and People Pleasing
- ✓ Maintaining Professional Relationships whilst Declining Requests

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»» FEMALE DRIVERS SUSTAIN YOUR LEADERSHIP POSITION

📅 2nd Sept ⌚ 2pm -3pm 📺 Zoom

Join us for an inspiring session focused on sustaining your leadership position for long-term success. Explore strategies for cultivating mentors, allies, and peer connections, continuous learning and growth, and achieving work-life integration to avoid burnout.

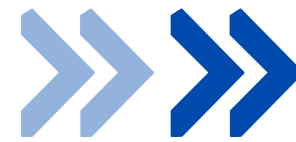
Whether you're aiming to climb the corporate ladder or striving to maintain your current leadership role, this session will provide you with practical insights and tools to sustain leadership excellence while prioritising personal wellness.



Rachel Owens

DCM Learning Trainer

4 years + of Training Experience as a Business Trainer and Business Mentor



Topics Covered

- ✓ Cultivating Mentors, Allies and Peer Connections
- ✓ Continuous Learning & Growth
- ✓ Work-life Integration and Strategies for Balance

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MANAGERS & LEADERS



MANAGEMENT & LEADERSHIP

EFFECTIVE PEOPLE MANAGEMENT TIPS & TECHNIQUES

📅 22nd Aug ⌚ 2pm - 3pm 📺 Zoom

Explore managing inclusively, motivating your team, and influencing stakeholders. Whether you're a seasoned manager or new to leadership roles, this webinar will provide you with valuable insights and practical strategies to enhance your leadership skills.

Don't miss this opportunity to become a more effective and inclusive leader!



Michelle Saurin

DCM Learning Trainer

8 + years of Training Experience specialising in Soft Skills and Management & Leadership.



Topics Covered

- ✓ Managing Inclusively
- ✓ Motivating Your Team
- ✓ Influencing Stakeholders

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MANAGEMENT & LEADERSHIP MANAGERIAL RESILIENCE

📅 4th Sept ⌚ 10am -11am 📺 Zoom

In this session, we'll explore techniques for managing stress, overcoming adversity, and maintaining productivity in challenging environments.

Whether you're a new manager facing unexpected challenges or a seasoned leader looking to enhance your resilience, this webinar is for you. By the end of this session, you'll have practical tools and strategies to help you navigate uncertainty, stay focused, and lead your team effectively.



Michelle Saurin

DCM Learning Trainer

8 + years of Training Experience specialising in Soft Skills and Management & Leadership.



Topics Covered

- ✓ Self-prioritising
- ✓ Delegation Skills
- ✓ Learning to Say No
- ✓ Setting Boundaries

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LEAN & BUSINESS AGILITY



»» LEAN SIX SIGMA LEAN YELLOW BELT PROGRAMME

Part 1 - Making Lean Work

📅 1st July ⌚ 10am - 12pm 📺 Zoom

Join us for the first part of our Lean Yellow Belt course, where we'll introduce you to the foundational concepts of Lean methodology. In this two-hour webinar, we'll explore the various industries and applications where Lean principles can be applied for maximum efficiency. You'll gain insight into Lean's background and history, as well as learn about essential tools such as the Kano Model, 8 Wastes, Standard Deviation, and the Empirical Rule.

Whether you're new to Lean or looking to enhance your understanding, this session will lay the groundwork for your journey towards becoming a Lean practitioner.



Padraig McCabe

DCM Learning Trainer

31 years + of experience in the global business sector & a Certified Master Black Belt in Lean



Topics Covered

- ✓ Introduction to Lean Yellow Belt
- ✓ Lean Industries & Applications
- ✓ Lean Background & History
- ✓ Kano Model, 8 Wastes, Standard Deviation & the Empirical Rule

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LEAN SIX SIGMA LEAN YELLOW BELT PROGRAMME

Part 2 - Problem Solving & Eliminating Wasteful Processes

📅 2nd Aug ⌚ 10am - 12pm 📺 Zoom

In the second part of our Lean Yellow Belt course, we'll delve into problem-solving techniques and the elimination of wasteful processes. Over two hours, we'll cover the process of identifying and defining problems effectively. You'll learn about essential Lean tools such as Kaizen, PDCA Cycle, DMAIC, Project Charter, SIPOC, and Mapping, and how to apply them to dissolve wasteful processes efficiently.

Whether you're facing production bottlenecks or workflow inefficiencies, this session will provide you with the tools and strategies to tackle them head-on.



Padraig McCabe

DCM Learning Trainer

31 years + of experience in the global business sector & a Certified Master Black Belt in Lean



Topics Covered

- ✓ Identifying & Defining a Problem
- ✓ Lean Tools to Problem Solve; Kaizen, PDCA Cycle, DMAIC, Project Charter, SIPOC, Mapping
- ✓ Dissolving Wasteful Processes Effectively

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LEAN SIX SIGMA

LEAN YELLOW BELT PROGRAMME

Part 3 – Measurement & Continual Improvement

📅 2nd Sept ⌚ 10am - 12pm 📺 Zoom

In the final part of our Lean Yellow Belt course, we'll focus on measurement and continual improvement. Over two hours, we'll explore the importance of measurement in the Lean methodology and introduce you to essential Lean tools such as the 5 Whys, Fishbone Analysis, 5 S, Kanban, and Audits. Additionally, we'll discuss the role of culture, reward, and recognition in sustaining Lean practices within your organisation.

By the end of this session, you'll have a comprehensive understanding of Lean principles and be ready to implement them effectively in your workplace.



Padraig McCabe

DCM Learning Trainer

31 years + of experience in the global business sector & a Certified Master Black Belt in Lean



Topics Covered

- ✓ The importance of measurement
- ✓ Lean Tools; 5 Whys, Fishbone Analysis, 5 S, Kanban, Audits
- ✓ Culture, Reward & Recognition
- ✓ Yellow Belt Programme Recap

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SOFT SKILLS



SOFT SKILLS INFLUENCE & PERSUASION SKILLS

📅 26th Aug ⌚ 10am - 11am 📺 Zoom

In this session, we'll explore essential techniques for effectively influencing others and persuading them to see things from your perspective.

Whether you're a manager looking to inspire your team, a salesperson aiming to close more deals, or an individual seeking to enhance your communication skills, this webinar is for you.

By the end of this session, you'll have valuable strategies to help you influence and persuade others with confidence and integrity.



Michelle Saurin

DCM Learning Trainer

8 + years of Training Experience specialising in Soft Skills and Management & Leadership.



Topics Covered

- ✓ Overcoming Fear & Building Confidence
- ✓ Mastering Delivery Skills
- ✓ Audience Engagement & Interaction
- ✓ Handling Nerves
- ✓ Practicing & Feedback

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SOFT SKILLS LEAD EFFECTIVE VIRTUAL MEETINGS

📅 6th Sept ⌚ 10am - 11am 🎥 Zoom

In this session, we'll explore techniques for engaging participants, managing time efficiently, and fostering collaboration in a virtual environment.

Whether you're a team leader, project manager, or business professional, mastering the art of virtual meetings is essential for success in today's remote work landscape.

By the end of this webinar, you'll have the tools and confidence to lead virtual meetings that are productive, engaging, and impactful.



Michelle Saurin

DCM Learning Trainer

8 + years of Training Experience specialising in Soft Skills and Management & Leadership.



Topics Covered

- ✓ Overcoming Fear & Building Confidence
- ✓ Mastering Delivery Skills
- ✓ Audience Engagement & Interaction
- ✓ Handling Nerves
- ✓ Practicing & Feedback

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WEBINAR CERTIFICATION

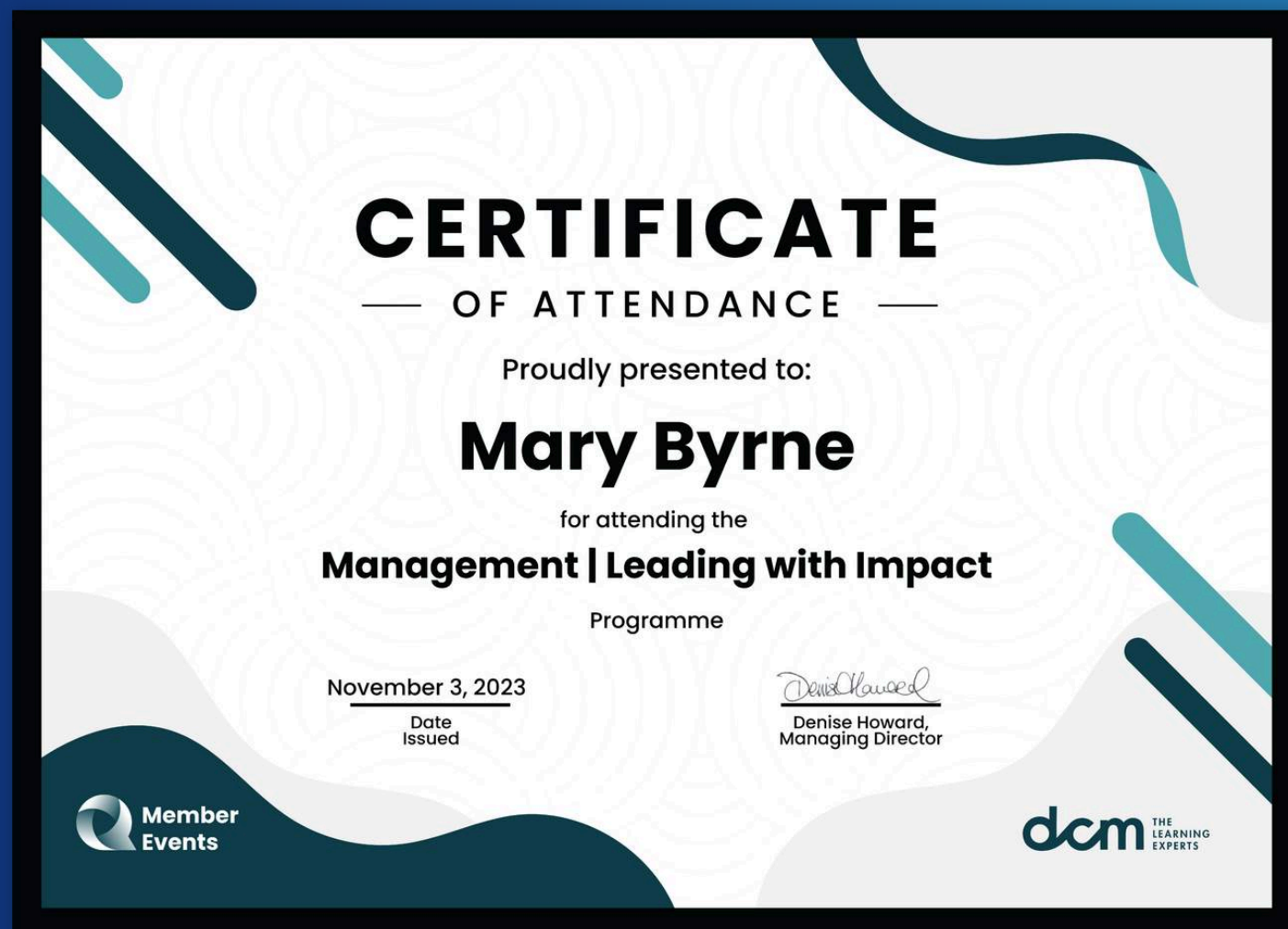
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