



Live Member Event Schedule

September to December 2023

🕒 Free Live Training

🏆 Certificates

∞ Lifetime access

Hi there,

As we approach the final months of 2023, we are thrilled to present our last schedule of events for this year!

Throughout 2023 we have had the pleasure of offering free live courses and programs for our members and we thank you for your continued engagement and attendance.

We carefully curated our final schedule of 2023 to inspire and equip learners with valuable insights and practical solutions for their professional journey.

The events remain free and open to all employees of member organisations.

If you see a topic you feel could benefit your organisation, we have an in-house department that can facilitate tailored training options, for groups of 5+ learners.



Ruth Caffrey

dcm | Membership Manager

Contents

Q4 2023 SchedulePage 3-4

SeptemberPage 5-8

OctoberPage 9-12

NovemberPage 13-16

DecemberPage 17-18

Mini ProgrammesPage 19-31

Not a Member?Page 32-33





Q4 2023 SCHEDULE





Delivered Live via Zoom



All Sessions Recorded



Free and Unlimited Registrations for DCM Members



★ Guest Speaker Event



September

Next Gen-Tech | AI Made Easy Sept 6th 10am - 11am

Inclusive Leadership | Take the Right Steps Sept 14th 10am - 11am

★ Women in Leadership | Leading Fearlessly Sept 21st 10am - 11am

October

★ Mental Health Ireland | The New Workplace Framework Oct 12th 10am - 11am

Menopause | Working Through the Menopause Oct 18th 10am - 11:30am

★ Movember™ | Join Guest Speaker from Movember Oct 26th 10am - 11am

November

GDPR | 5 Year's On Nov 8th 10am - 12pm

Unconscious Bias | Rewire Your Perspective Nov 22nd 10am - 11am

Brain Based Coaching | Goal Pursuit Nov 29th 10am - 11am

December

★ Winter Wellness Within With Oonagh O'Hagan Dec 7th 10am - 11am

Mini Programmes

Lean Yellow Belt | Empower Operational Success

Making Lean Work for Your Company Sept 18th 2:00pm - 5:00pm

Problem Solvency & Eliminating Waste Oct 16th 2:00pm - 5:00pm

Measuring & Continual Improvement Nov 13th 2:00pm - 5:00pm

Management | Impactful Leadership

Psychological Safety | The Secret Ingredient Sept 18th 10am - 11am

Coaching | Leadership Brilliance Oct 16th 10am - 11am

Mediation | Defusing Aggression Nov 20th 10am - 11am

Power Skills | Amplify Your Soft Skills

Unlock Connections with Communication Sept 20th 1:30pm - 2:30pm

Achieve Balance with Time Management Oct 9th 3:30pm - 4:30pm

Get Smart About Emotion Nov 6th 3:30pm - 4:30pm

Resolving Conflicts Dec 12th 2:00pm - 3:00pm



SEPTEMBER



»» NEXT GEN-TECH AI MADE EASY

📅 6th Sept ⌚ 10am-11am 🎥 Zoom

Join us for an insightful one-hour webinar as we look at the fascinating world of AI and its growing impact on everyday work-life.

Discover practical techniques and gain valuable insights on how to leverage AI to enhance your productivity in various tasks, making your daily routines more efficient and effective.

Topics Covered

- ✓ Live Demo of ChatGPT
- ✓ AI Ethics & Responsible Use of AI
- ✓ Challenges and Adoption of AI
- ✓ AI For Everyday Tasks



Joanne O'Brien

DCM Learning Trainer

15 years + experience as a Sales & Marketing training facilitator specialising in financial and consultancy services.



» INCLUSIVE LEADERSHIP TAKE THE RIGHT STEPS FORWARD

📅 14th Sept ⌚ 10am-11am 📺 Zoom

Join our thought-provoking one-hour webinar as we explore the significance of inclusive leadership and provide actionable steps to foster a more inclusive work environment.

Topics Covered

- ✓ Inclusive leadership's impact on success.
- ✓ Steps to champion Equality, Diversity and Inclusion.
- ✓ Recognising the benefits of diverse perspectives.



Olivia Roche

DCM Learning Trainer

10+ Years as an experienced facilitator in Communication, EI, Coaching, Dignity & Respect, Cultural Awareness, and D & I.





★ Guest Speaker Event

WOMEN IN LEADERSHIP LEADING FEARLESSLY

📅 21st Sept ⌚ 10am-11am 📺 Zoom

In March 2023, we had the pleasure of welcoming Louise as a guest speaker on our Women in Leadership mini-programme. Her valuable advice as one of Ireland's most accomplished female leaders left our learners truly inspired.

Due to high demand, we are thrilled to welcome Louise back to share the common challenges she faced and give attendees the opportunity to ask any questions they may have.



Nicola McGuinness

DCM Learning Trainer

10+ Years as an accomplished mentor, empowering women and groups in the workplace.



Louise Phelan

Guest Speaker

Ireland's most accomplished female leader & senior board member of global organisations.





OCTOBER



»» **★ Guest Speaker Event**

MENTAL HEALTH

THE NEW WORKPLACE FRAMEWORK

📅 12th Oct ⌚ 10am-11am 🗣️ Zoom

The new Workplace Mental Health Framework has just been unveiled by Mental Health Ireland. Join us as we explain what it is all about.

In this session, Finola Colgan, from Mental Health Ireland, will provide insights into how to create a healthier and more supportive work environment.



Sue Landsberg

DCM Learning Trainer

10+ Years as a successful entrepreneur & coach with extensive experience in the area of people development



Finola Colgan

Guest Speaker

Development Officer Mental Health Ireland & Law Lecture TUS and Published Author



» MENOPAUSE SUPPORT WORKING THROUGH MENOPAUSE

📅 18th Oct ⌚ 10am-11:30am 🎥 Zoom

Join our supportive webinar designed to provide valuable insights and practical strategies for working through menopause.

Topics Covered

- ✓ Understanding Menopause
- ✓ Menopause in the Workplace
- ✓ Supporting Employees through Menopause



Clare Hegarty

DCM Learning Trainer

A qualified and expert wellness trainer with over 10 years of experience dedicated to empowering individuals.



»» ★ Guest Speaker Event

MOVEMBER™ MEN'S HEALTH AWARENESS

📅 26th Oct ⌚ 10am-11am 📺 Zoom

Join us as we welcome Aisling from the globally recognised men's health organisation, Movember, to raise awareness on 3 main issues affecting men today, and how Movember can help.

Topics Covered

- ✓ How Movember is taking action when it comes to facing Prostate cancer, Testicular cancer, Mental Health and Suicide Prevention
- ✓ How people can get involved with Movember this year
- ✓ How people's support will have an impact on men's health globally



Sue Landsberg

DCM Learning Trainer

10+ Years as a successful entrepreneur & coach with extensive experience in the area of people development



Aisling Cotter

Guest Speaker

Corporate Partnership Manager providing counsel for public and private companies.



MOVEMBER.COM



NOVEMBER



»» GDPR REFRESHER 5 YEARS ON

📅 8th Nov ⌚ 10am-12pm 📺 Zoom

Join us for an informative webinar as we provide a timely refresher on the General Data Protection Regulation (GDPR), marking its 5-year anniversary since its introduction.

Topics Covered

- ✓ 5 years since the introduction of GDPR - What we've learned (what it's all about)
- ✓ Article 6 GDPR, Lawfulness of processing
- ✓ Special categories of personal data
- ✓ RoPA's (Record of Processing Activities)
- ✓ The role of the data protection commissioner



Kara Ovington

DCM Learning Trainer

Highly esteemed trainer
Proficient in PRINCE2, M_o_R,
GDPR, NEBOSH and IOSH
qualifications & soft skills.



» UNCONCIOUS BIAS REWIRE YOUR PERSPECTIVE

📅 22nd Nov ⌚ 10am-11am 🎥 Zoom

Explore the powerful impact of rewiring your perspective and uncover the hidden influences that shape our decisions and interactions.

Topics Covered

- ✓ Unveil the hidden influences of unconscious bias
- ✓ Explore strategies to recognise and challenge bias
- ✓ Actionable steps to promote fairness and equity in our personal and professional lives



Olivia Roche

DCM Learning Trainer

10+ Years as an experienced facilitator in Communication, EI, Coaching, Dignity & Respect, Cultural Awareness, and D & I.



» BRAIN-BASED COACHING GOAL PURSUIT

📅 29th Nov ⌚ 10am-11am 📺 Zoom

Dive into the fascinating world of neuroscience and explore how understanding the brain can enhance coaching techniques for effective goal achievement. Gain valuable insights and practical strategies to reach their goals with confidence and clarity.

Topics Covered

- ✓ The Neuroscience of Goal Pursuit
- ✓ Process vs Outcome & Creating Sticky Goals
- ✓ Behavioural Changes



Des Golden

DCM Learning Trainer

Executive & Performance Coach
- Leveraging Neuroscience to
support Leaders & Teams.





DECEMBER



»» **★ Guest Speaker Event**

HEALTH WINTER WELLNESS WITHIN

📅 7th Dec ⌚ 10am-11am 📺 Zoom

With over 40k followers, a qualified Pharmacist for 20+ years and Managing Director of Meaghers Pharmacy, Oonagh O'Hagan will be joining to share her expert advice to keep healthy this winter.

Learn from an industry expert on what vitamins and supplements can do for you with an open table to ask questions throughout the session.



Sue Landsberg

DCM Trainer

10+ Years as a successful entrepreneur & coach with extensive experience in the area of people development



Oonagh O'Hagan

Guest Speaker

Owner & MD of the Meagher's Pharmacy, 42.7k followers & BSc degree in Pharmacy at Trinity.





MINI PROGRAMMES





LEAN OPERATIONAL EXCELLENCE

Membership Mini-Programme

Immerse yourself in a dynamic and comprehensive learning experience with our three-part Lean Yellow Belt Mini-Programme, designed to unlock the secrets of operational excellence.

Throughout this programme, you will delve into the foundational principles of Lean methodology and discover how they relate to achieving operational excellence. Gain a thorough understanding of Lean tools and techniques that enable you to identify and eliminate wasteful processes to streamline and optimise efficiency.





LEAN OPERATIONAL EXCELLENCE

Who & Why?

Gain a Lean Yellow Belt Certificate

The Lean | Operational Excellence mini-programme offers learners the chance to gain a Yellow Belt certification while also providing them with the necessary tools and knowledge to apply Lean principles effectively in their organisation, regardless of industry or size.

With a focus on process efficiency and waste reduction, this course enables participants to identify areas of improvement and implement lean strategies that enhance organisational performance.



LEAN OPERATIONAL EXCELLENCE

Programme Trainer

Padraig McCabe

DCM Learning Trainer

Padraig is a Trainer, Entrepreneur, Company owner and Business Development Engineer with 31 years of global business experience across various industries. Padraig has delivered training and workshops to personnel and organisations in China, Hong Kong, India, the UK, Scandinavia, Central Europe and to companies in 32 of the 50 USA states.

Qualifications

- ✓ Lean Black Belt
- ✓ ISO9001 Lead Auditor
- ✓ PCQI Practitioner & Quality Professional Practitioner IRCA/CQI
- ✓ MIEI Member of Institute Engineers Ireland
- ✓ Advanced Member of Toastmasters International



LEAN OPERATIONAL EXCELLENCE

Programme Schedule

Making Lean Work for your Operations

This session aims to provide participants with a comprehensive understanding of Lean concepts, tools, and problem-solving approaches.

- Lean Industries & Applications
- Lean Background & History
- Kanon Model, 8 Wastes, standard deviation & Empirical Rule

18th September
2pm - 5pm



Problem Solvency & Eliminating Wasteful Procedures

The session aims to equip individuals with the skills to solve problems using Lean tools and concepts within their organisations regardless of industry.

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

16th October
2pm-5pm



Measuring & Continual Improvement

Learn about Lean measurement techniques, establishing a culture of measurement, and implementing continuous improvement initiatives.

- The importance of measurement
- Lean Tools; 5 Why's, Fishbone Analysis, 5 S, Kanban, Audits
- Culture, Reward & Recognition

13th November
2pm - 5pm





MANAGEMENT LEADING WITH IMPACT

Membership Mini-Programme

This Leading with Impact management programme is designed to equip participants with essential leadership skills and knowledge to drive positive change within their teams and organisations.

This concise yet powerful programme focuses on three key topics: Psychological Safety, Coaching, and Defusing Aggression. Participants will gain valuable insights, practical strategies, and tools to enhance their leadership effectiveness and make a lasting impact on their teams.





MANAGEMENT LEADING WITH IMPACT

Who & Why?

Gain a Leading with Impact Certificate

Attending the Leading with Impact programme provides participants with a comprehensive understanding of psychological safety, coaching techniques, and strategies for defusing aggression.

By successfully completing the program, participants will also receive a certificate, acknowledging their commitment to leadership development. This certificate serves as a testament to their enhanced leadership skills, equipping them to foster a culture of psychological safety, drive positive change, and improve team dynamics within their organisation.



MANAGEMENT LEADING WITH IMPACT

Programme Trainer

Andrew Gibson

DCM Learning Trainer

Andrew is a highly experienced training associate with 15+ years of expertise in equipping managers with essential skills. With a background in Behavioural Psychology, he understands the challenges of organisational change and offers valuable insights to help managers drive transformation.

Qualifications

- ✓ Honours Degree in Psychology at NTU
- ✓ Higher Diploma in Conflict Resolution
- ✓ Member of British Psychology Society
- ✓ Member & Certified with International Mediator Institute
- ✓ PSMI™ Scrum Master



MANAGEMENT LEADING WITH IMPACT

Programme Schedule

Psychological Safety

Learn how to foster a culture of psychological safety in management through key elements such as trust, openness, and respect.

- Understanding Psychological Safety, & its Significance in the Workplace
- Building Trust, Feedback & Failure

18th September
10am - 11am



Coaching for Leadership Brilliance

Attendees will learn about the importance of coaching, fostering growth, and enhancing leadership effectiveness in turn building better relationships.

- Define coaching and its relevance to Leadership
- The impact of coaching on employees
- Essential Coaching Skills

16th October
10am-11am



Defusing Aggression

Participants will learn about the dynamics of aggression, understanding triggers, and effective communication strategies.

- Aggression and its various forms
- The importance of early intervention
- Common signs & indicators of aggression

20th November
10am - 11am



POWER SKILLS AMPLIFY YOUR SOFT SKILLS

Membership Mini-Programme



In this four-part programme, explore the realm of power skills and how they can amplify your soft skills. This programme is designed to equip you with the essential tools and strategies needed to excel in the modern professional landscape.

Whether you're a seasoned professional or just starting your career, these webinars will empower you to amplify your soft skills and unlock your full potential in today's competitive landscape.





POWER SKILLS AMPLIFY YOUR SOFT SKILLS

Who & Why?

Gain a Certificate in Power Skills

Amplifying Your Soft Skills is a must for learners seeking to enhance their professional development. This series focuses on vital power skills, including communication, time management, emotional intelligence, and conflict resolution.

Unlock the power of connection, achieve balance through effective time management, enhance emotional intelligence, and learn conflict resolution techniques. Enhance your professional development with these essential power skills.



POWER SKILLS AMPLIFY YOUR SOFT SKILLS

Programme Trainer

Olivia Roche

DCM Learning Trainer

With 10+ years of experience as a trainer, Olivia is a dedicated professional who brings a profound passion for training to every facet of her work. Olivia specialises in soft skills, including Communication, Emotional Intelligence, Coaching, Dignity & Respect, Cultural Awareness & Diversity and Inclusion.

Qualifications

- ✓ BA Honours Degree in English, Media & Communications at the University of Limerick
- ✓ TEFL Certification from the University of Limerick
- ✓ Distinction QQI L6 Train the Trainer



POWER SKILLS AMPLIFY YOUR SOFT SKILLS

Programme Schedule

Connect with Communication

Learn valuable & practical techniques to improve their communication skills, both verbal and non-verbal.

- Communication as a Power Skill
- Verbal & Non-Verbal
- EI as a Communication Skill

20th September
1:30pm - 2:30pm



Achieving Balance with Time Management

Learn to identify priorities, set goals, and effectively allocate time for a balanced approach to daily routines.

- Time Audit and Prioritisation
- Effective Planning & Organisation
- Overcoming Procrastination

9th October
3:30pm-4:30pm



Get Smart about Emotion

Gain a deeper understanding of how EI impacts interactions, decision-making, and overall well-being.

- Understanding EI
- Enhancing Self-Awareness
- Building Empathy and Social Skills

6th November
3:30pm - 4:30pm



Resolving Conflicts

Learn the skills to navigate challenging situations and achieve more productive and harmonious outcomes.

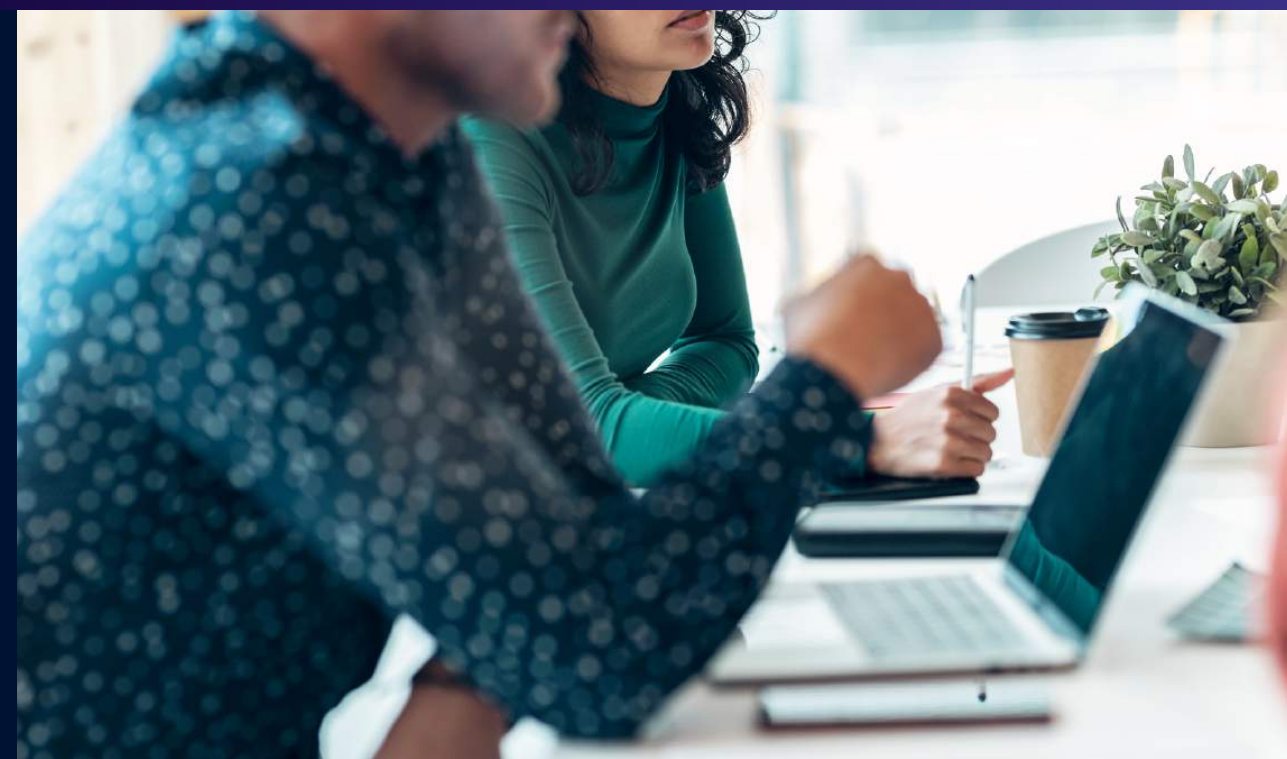
- Communication & Active Listening
- Conflict Resolution Strategies
- Managing Emotions

12th December
2:00pm - 3:00pm





NOT A MEMBER?



Join Our Membership

With one annual fee, your entire organization gets free access to our live sessions, mini-programmes, a custom learning hub, and a generous discount on additional training.

DCM Learning Membership Package Pricing

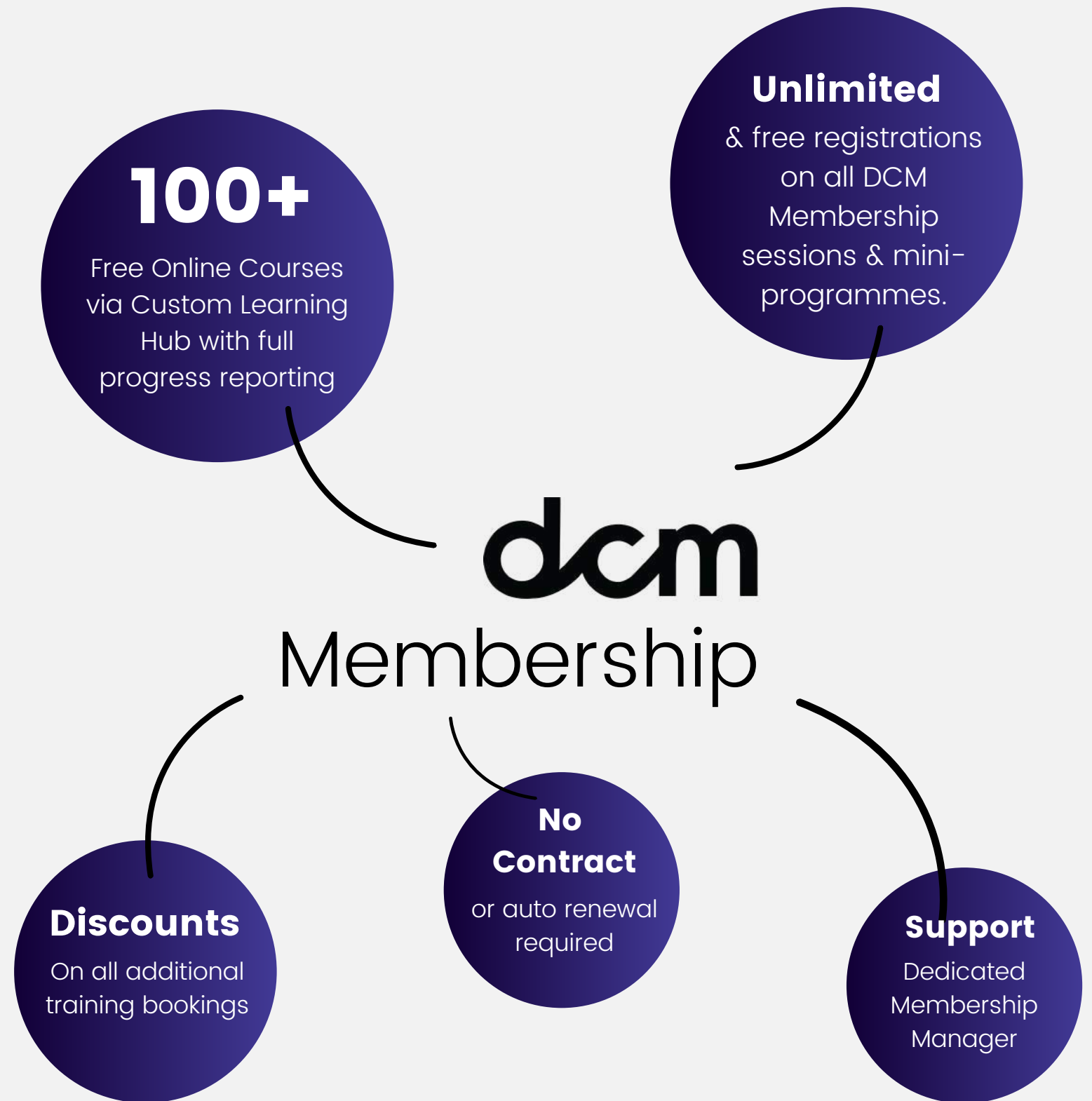
Small Organisation	20 or less employees	€495 p.annum
Medium Organisation	21 - 149 employees	€695 p.annum
Large Organisation	150+employees	€995 p.annum

Contact me, ruth@dcmlearning.ie for more information and to join us today!



Ruth Caffrey

dcm | Membership Manager



20,000+ Members

Training for All Levels

Expert Advice

Irish Knowledge

