

# Training Partner Role Criteria



## About Aware

Aware was established in 1985 to support and educate people about depression and bipolar disorder. In recent years there have been a number of key developments within Aware in order to provide clinically proven and independently evaluated support options, aimed at helping people deal with these very common mental health issues.

Each year Aware recruit **qualified and experienced trainers**, to add to their panel to deliver the Life Skills Programmes (*both adult and school version*).

## About the Life Skills Programme

The Life Skills Programmes (LSP) are based on the principles of cognitive behavioural therapy (CBT).

**Life Skills for schools** is delivered during a pre-arranged double class time (70 mins) over 4 consecutive weeks, in a relaxed way.

The programme is very effective in helping students to learn new ways of dealing with life and its different challenges.

**Life Skills for adults** is delivered during the evening over six consecutive weeks in a group setting (either virtually, via ZOOM, or face to face when safe to do so, re COVID). It is designed for people experiencing mild to moderate depression and participants can learn how to manage their feelings when they feel stressed, worried or depressed, and learn simple and practical skills to help them cope with life's challenges.

## **Life Skills Programme Training Partners (6 month Contract)**

- Training Partners are required to be self-employed and are hired on a sessional basis only.
- Training Partner minimum delivery commitment requirements:
  - 2 Life Skills Programme for adults per contract term (*6 months*)
  - 4 Life Skills programme for schools per contract term (*6 months*)

### **Essential Criteria for the role:**

1. Professional training/teaching qualification (*i.e. minimum Train the Trainer or Teaching*)
2. A minimum of 2 years' experience delivering and facilitating face to face interactive training/workshops to groups of up to 20 adults. For the schools programme, must have experience delivering to secondary schools student groups/classes in a school environment
3. Competent, experienced and confident delivering training virtually, via ZOOM, when required
4. Knowledge and understanding of CBT
5. If a specified location has been advertised, must be based in one of the specified locations that we require Training Partners to deliver, and also be willing to engage in travel, if/when necessary (face to face delivery)
6. Strong I.T. skills
7. A full clean driving license and own transport
8. Needs to own the necessary equipment conducive to training/presenting i.e. laptop, projector and speakers
9. Professional indemnity insurance & public liability insurance is required

If selected and successful after interview, applicants must provide:

- HSE Children's First Certificate & Safeguarding Adults at Risk of Abuse (*online training module with certificates*)
- Garda vetting clearance
- Two references
- Tax clearance certificate

## **Applicant's Personal Qualities & Skills:**

- Have an appreciation of the impact of depression
- Very strong communication and presentation skills with the relevant target audience (i.e. secondary school students or adults)
- Be skilful at translating programme content to help bring the content to life
- Empathy
- Good organisational skills to plan, arrange and prepare for delivery of programmes
- Ability to work on own initiative and as part of a team

## **Training**

- Full and comprehensive training is provided by Aware
- Successful applicants must be available to attend training held over two days on specified dates, shared prior to interview, and need to be available to start delivery of the Life Skills Programme from completion of training

## **Three Step Recruitment Process**

- STEP 1** Applicant selected and invited to attend interview.
- STEP 2** On successful outcome, candidate attends Train the Trainer training held over 2 days (in person or via Zoom).
- STEP 3** On successful outcome of attending training, candidate required to prepare training notes, and return to demonstrate delivery of the key core objectives of each module from the programme (1 day).  
This activity will result in approval to deliver "live" or not.

Thank you for your interest in working with Aware.

Please note due to the volume of interest, unfortunately we are only able to contact candidates who have been successfully selected to attend interview.