

# Are You Interested in Becoming a Men's Health Trainer ?

Is engaging men or delivering training part of your work  
or volunteering activity?

Then this training could be for **YOU!**

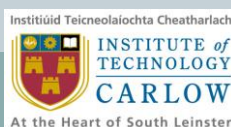
A 'Men's Health Training' programme has been developed to meet the growing demand from service providers for support to work with men.

This programme is founded on national and international best practice and is setting the 'Quality Mark' in men's health training nationally.

Qualified trainers are required to deliver this training throughout Ireland. Therefore, we invite you to become a '**Men's Health Trainer**' and participate in our upcoming Trainers' Programme.

**Date:** Sept 11<sup>th</sup> & 12<sup>th</sup> and Oct 16<sup>th</sup> & 17<sup>th</sup> 2012 (overnight stay each time)  
**Venue:** Teach Bhride, Tullow, Co Carlow  
**Contact:** Dr Paula Carroll at Email: [pcarroll@wit.ie](mailto:pcarroll@wit.ie)

This training is delivered by the Health Promotion Department, HSE South, in partnership with Institute of Technology Carlow, Waterford Institute of Technology, and the Men's Development Network



# Further Details



## **Aim:**

- To support Trainers to become competent in the delivery of the ‘Men’s Health Training’ programme.
- To develop a system of support for Trainers that they can draw upon as they work in the field.

## **Learning Outcomes:**

- Understand the broad determinants of men’s health, including how gender influences men’s approach to looking after their own health.
- Understand how best practice guidelines in working with men should be used to engage men more effectively with health and social services and with health programmes.
- Be sensitive to the barriers and prompts experienced by men when accessing health and social services.
- Be aware of how to set up and support effective group work with men.
- Be aware of how to use brief intervention and motivational interviewing techniques appropriately for men.

**Times:** Days 1 & 3 10am – 6pm

Days 2 & 4 9am – 5pm

## **Costs:**

- Two nights accommodation and all meals while at Teach Bhride will be covered.
- Should participants wish to travel the night before the training begins, please contact Teach Bhride directly on 059-9152465 (expenses incurred by participant).

# Men's Health Trainers Programme Application Form



**Name:**  
**Position:**  
**Email:**  
**Mobile:**

**Is delivering training part of your work/volunteering brief?**

**Please outline your experience of working with men.**

**Please outline your experience of delivering training and/or facilitation.**

**All trainers must commit to delivering three men's health training programmes in their area by the end of 2013. If accepted on this Trainers Programme, would you honour this commitment?**