

Coláiste Dhúlaigh College of Further Education
Further Education Part-Time Courses
AUTUMN PROGRAMME - 2009

Evening

Health, Fitness & Well Being.

EH90 Assertiveness ~ Communication Skills	Tue	7.15 - 9.15	10	€90
<i>Do you want more control of over your life? Do you find it hard to ask for what you want? Have you ever found yourself saying 'Yes', when you wanted to say 'No'? Do you have difficulties coping with criticism and anger? If you answer is YES to some or all of these questions then this course is for YOU! The aim of this training course is to teach people that change is possible. Starts 6th October.</i>				
EH91 First Aid Certificate	Tues	7.00 - 9.15	9	€125
<i>Basic first aid skills including the recovery position, artificial respiration, CPR, bleeding, bandages, Fractures, Burns and poisons etc. Certificate awarded by Order of Malta ~ fee payable. Starts 6th October.</i>				
EH92 Hill-Walking ~ Beginners/Intermediate	Tue & Sat	7.15 - 8.30 09.30 - 13.30	1 4	€130
<i>Students will acquire skills necessary to carry out hill walking competently, enjoyably and safely in a variety of weather conditions. Theory classes are held in the college and practical sessions on the mountain. Starts 6th October.</i>				
EH93 Mental Health ~ Fetac L5	Tues	7.00 - 9.15	20	€320
<i>This enjoyable and innovative course will be of interest to those who wish to work in the area of mental health as a care worker. Participants will attain a sound understanding of areas such as depression, anxiety and schizophrenia. This course will also involve a look at some of the skills required to care for and respond to in a sensitive way people with a mental illness. Prospective participants should be at least 21 years of age. Places limited. Starts Tuesday 6th October.</i>				
EH94 Personal Effectiveness in the Workplace ~ Fetac L 5	Tue	7.15 - 9.30	16	€250
<i>Organisational in your organisation; understanding your own role in the organisation; appreciate the influence of the organisation on oneself; develop a range of skills & work effectively within the organisation. Starts 6th October.</i>				
EH95 Skin Care & Make Up	Mon	7.15 - 9.15	10	€100
<i>This course will cover skin care, application of make up natural & dramatic, manicure, pedicure, waxing, facials, hygiene etc. Course includes demonstrations and students will participate in treatments each week. All presented in a professional environment. Starts Monday 5th October.</i>				
EH96 Health & Beauty ~ Make-Up - ITEC Certificate	Mon	7.00 - 9.30	22	€495
EH97 Health & Beauty ~ Waxing ITEC Certificate	Tues	7.00 - 9.30	22	€495
Both ITEC certificate course above start w/b Monday 5th October.				
EH98 Hairdressing ~ ITEC Certificate	Mon	7.00 - 9.30	22	€500
Starts 12th October				
EH99A Yoga 1 - for Beginners	Tue	6.30 - 8.00	10	€85
<i>Yoga has a beneficial impact on the whole body</i>				
EH99B Yoga 2 - A Continuation Course	Tues	8.00 - 9.30	10	€90
<i>Yoga can be used as a therapy in three ways: By slowing the breath, relaxing the muscles and calming the mind. Keep the body strong & healthy. Starts Tuesday 6th October 2009.</i>				

*The aim of these YOGA courses is to help you feel at ease, more relaxed and confident.
The Yoga courses are very popular and fill quickly, so do book early to avoid disappointment.
For your comfort ~ loose clothing, a blanket and exercise mat is advised for ALL yoga courses.*



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