

## NEW FREE Online Course for August 2021

These courses aim to develop the individual's self-confidence and educational skills base in order to enable and facilitate their development and participation in the life of their community. Community-based courses are often the first step towards further options and choices for the adult learner.

Course are aimed at:

- Specifically target educational and social disadvantage
- Promote social inclusion
- Foster personal development and skills enhancement for group members
- Widen participation in learning by adults from all sectors of our community

### Personal Development Courses

#### NEW FREE Online Course

#### CONFIDENCE BUILDING - Mornings

This course gives you techniques and tools to build your confidence and feel a greater sense of trust in your own skills and abilities.



Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 10am to 12pm **Starting Tuesday 17<sup>th</sup> August Day** Tuesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=327123>

#### NEW FREE Online Course

#### MINDFULNESS – Mornings

This course teaches you how to be mindful in your everyday life, mindful communication, mindful relationships and mindful presence



Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 9.30am to 11am **Starting Wednesday 18<sup>th</sup> August Day** Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=327124>

#### NEW FREE Online Course

#### POSITIVE PSYCHOLOGY – Evenings

Positive Psychology is the study of Happiness, Wellbeing, Human Flourishing and Strengths. Discover how to improve your wellbeing, measure your happiness & live a more meaningful life.



Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Elfreda Manahan Vaughan

**Times** 7.00pm to 9.00pm **Starting Wednesday 18<sup>th</sup> August Day** Wednesday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=327125>

# Art Courses

## NEW FREE Online Course

### Beginners Drawing & Sketching Art Course – Mornings

Course will cover different grades of pencil and how to use them, how to shade objects, add shadows, have fun with patterns and tangles, one-point perspective and build layers with coloured pencils.

Please download - **ZOOM** from the Apple or Play Store for this course.

**Tutor** – Simone Clavin

**Times** 10.00am to 12.00pm **Starting Thursday 26<sup>th</sup> August Days** Thursday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=327126>



## NEW FREE Online Course

### Intermediate Art – Evenings

Will cover Portrait Painting, Landscapes and Still Life, each subject will explore different painting techniques from realism to impressionism & more modern painting techniques

Please download - **ZOOM** from the Apple or Play Store for this course.

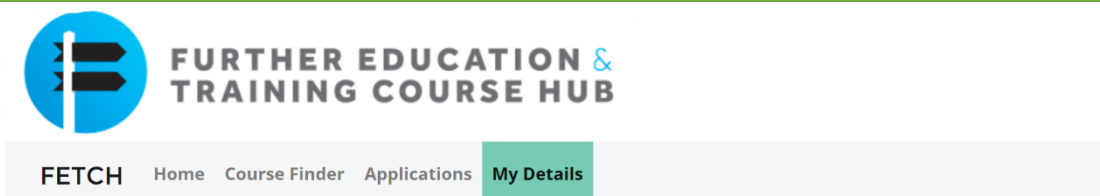
**Tutor** – Marena Casey

**Times** 7.00pm to 9.00pm **Starting Thursday 19<sup>th</sup> August Days** Thursday **No. of sessions** 6

To Register Click on Link <https://www.fetchcourses.ie/course/finder?sfcw-courseId=327127>



## PROCESS FOR REGISTERING FOR COURSES.



### My Details

General

Social Welfare

Education

My Status

Further Details

Edit

General Details

1. Click on the **blue weblink** at the **Course** advertisement above which you wish to attend.
2. Click on **Apply Now** in the Webpage for the course.
3. If you have a **FETCHCOURSES Account** please enter username and password and if not Create a **NEW Account**
4. Complete your **Details Form** – this will record your **expression of interest** for the course you selected.
5. To **complete your registration** for the course you will be emailed explaining how to complete registration, you will need to login to your FETCH Course Account and complete all sections 2 days before the course is due to start.
6. Only those who have **completed the full registration process will be accepted** and emailed link to attend the course the evening before a course commences.

If you have any queries you can contact –

**Jackie Breen, Community Education Facilitator LMETB, [Jbreen@lmetb.ie](mailto:Jbreen@lmetb.ie) - 087/9377636**