

QQI Level 3

- **Create your own Book Club** - This is a course that helps learners structure a book club for their community group. Groups will choose a book(s) to read and will be guided as to how to explore themes, share opinions and develop a regular reading habit.

- **Memoir Writing** - This is a course to develop your writing skills so that you can write and record stories from your life for your children or grandchildren. The course helps you craft each event or story so that it can be kept in written form or for use as basis to create your own video recordings. This course is suitable for anyone who wishes to create a legacy of their life, and learning, to be passed on to those they love.

- **Personal Effectiveness and Interpersonal Skills** - Are you interested in personality psychology and relationship psychology? This module gives you the opportunity to create a personal profile, helping you to identify your likes and dislikes, values, strengths and identifying what has shaped you as a person. You will also create a case book of tools for dealing with others. This includes Conflict Management, Decision Making, Assertiveness, Negotiation Skills and emotional regulation techniques. Better relationships with others and yourself makes for happier healthier groups and people. Knowing what tool to use, when and where, will be an invaluable asset to any community group.