

Spirit Youth Leadership Course

The Spirit Youth Leadership Course aims to train and enable youth leaders to set up, facilitate and run a Spirit Youth Group.

The following Facilitation Modules will be covered during the course:

- * Framework of a Spirit Youth Group
- * Basic Facilitation and Group Work Skills
- * Safeguarding Training Diocesan policies and procedures when working with young people.
- * JPPI Awards and Parish Participation

The Course will also cover a Personal and Spiritual Development Programme which will include the following Modules titles:

- * Interpersonal Communication Techniques
- * Observation and Assertiveness Techniques
- * Positive Self-Image
- * Relationships and Coping Mechanisms
- * Peer Trust and Support
- * Personal Space
- * Me, myself and God

Duration of Course: Once a week for 10 weeks and one residential weekend.

Start Date: February 2019

Costs: €100 sponsored by Parish/School

Location: Pastoral Centre, St Peter's College, Wexford.

In the words of Pope Francis.....

Our generation will show that it can rise to the promise found in each young person when we know how to give them space. This means that we have to create the material and spiritual conditions for their full development; to give them a solid basis on which to build their lives; to guarantee their safety and their education to be everything they can be; to pass on to them lasting values that make life worth living; to give them a transcendent horizon for their thirst for authentic happiness and their creativity for the good; to give them the legacy of a world worthy of human life; and to awaken in them their greatest potential as builders of their own destiny, sharing responsibility for the future of everyone. If we can do all this, we anticipate today the future that enters the world through the window of the young.

(Pope Francis)



Spirit

youth leadership course



A Diocesan Training course for Spirit Youth Leaders 2023



**Ferns Diocesan Centre
Redmond House
Summerhill
Wexford
Co. Wexford**

What is Spirit?

'Spirit' is a dynamic, exciting and motivational youth group aimed at Transition Year Students. The framework of the group is devised to encourage team work, positive peer support, friendship and a supportive value ethos.

This will be achieved through the following:

- * Weekly meetings
- * Community workgroups
- * Inspirational guest speakers
- * Trips and outings
- * Personal & Spiritual Development Programme
- * Radio programming
- * Working with the Opera and local theatre
- * and much, much more.

How does youth group work?

- ◇ The Spirit youth group leaders will invite applications from Transition Year students through schools.
- ◇ Each leader and youth member is assigned a workgroup of interest to them.
- ◇ During the year the member will give an hour a week to a workgroup as well as meeting once a week as a full group to allow for updates on the workgroups, as well as planning for other events.
- ◇ The group will run from October to June outside of school hours.

Spirit Activities

Weekly Meetings

All leaders and members will meet once a week to discuss their workgroups, future guest speakers, support of social issues whilst also enabling them to get to know each other.

Community Workgroups

The basis of the community workgroup is to provide a supportive service to existing groups. The workgroup must mutually benefit the recipient as well as the Spirit Member. Examples are Nursing Home, Special Olympics, etc.

Personal & Spiritual Development Course

10 week course covering interpersonal communication techniques, self-image, relationships, peer support and creativity. This course has a proven track record in strengthening friendships, building positive self-image and self-awareness, trust and self-confidence. The course has a spiritual based foundation which provides a deeper and more meaningful relationship within the journey of life.

Radio Programming

Members will get a chance to prepare and present programmes which will be aired on South East Radio.

Trips & Outings

There will be outings to places of inspiration both locally and outside of the Diocese e.g. beaches, local walks, etc.

Guest Speakers

Inspirational speakers will be invited to tell their stories.

Spirit Leaders

- ◆ Spirit Leaders will be made up of clergy, religious and lay people.
- ◆ Leaders will be Garda vetted and fulfil all safeguarding requirements.
- ◆ Each workgroup will be supervised by leaders who will support and account for its members.
- ◆ Leaders will be fully trained and adhere to a stringent code of conduct.
- ◆ The role of leaders will be to support and enable Spirit members to fully benefit from their participation in the group.
- ◆ Two Leaders will be given the role as Designated Persons whose role will be to hear any concerns/issues from its members.
- ◆ The number of leaders will be in line with the supervisory requirements of the Diocesan Safeguarding Policy.

Presentation of Certificates

At the end of their year with Spirit, all members will receive a Certificate of Membership during a formal Presentation Ceremony which will be attended by local dignitaries, representative from the workgroups, parents, and key note speakers.

Future employers value a CV that includes participation in initiatives such as Spirit as it indicates to the employer qualities such as teamwork, value system, participation in the community and personal initiative, to name but a few.

After the year, it is hoped that each member will have grown emotionally, spiritually and socially,