

# LEADING ULSTER FEMALES





## ABOUT THIS PROGRAMME

This programme is designed for females aged 18+ interested in developing personally and leading teams potentially through their role in Gaelic Games.

All participants will attend three days, one at start and one at end of programme, which will examine their leadership skills. They must also attend a mid-point evening session again focusing on their leadership skills. Finally, participants must complete at least two modules from themes across the four strands of coaching, officiating, administration and PR/Media between each of those dates, minimum four in total. Participants may attend more than four modules in total if they wish but it is a minimum of two between each date.

## PROGRAMME BENEFITS

- Engage with like-minded future leaders in Gaelic Games
- Insight and understanding of your own leadership style
- Training and advice from experienced leadership trainers



# PROGRAMME STRUCTURE

Participants must be available for the three generic dates and must then complete at least four of the modules from the strands, at least two between each date. The selected modules must be across strands.

## Leadership Session 1

15th February 2025

(Face to Face Day)

Introduction to Leadership

- Introduction
- The programme
- Being a Leader
- Leadership in context (Gaelic Games)
- Personal Development
- Self- Reflection
- Imposter Syndrome
- Starting my Journey



Intro to  
Coaching  
Gaelic Games

Starting my  
PR Journey  
Including  
Social Media

Being a  
Volunteer  
& a Club  
Leader

Creating  
a Positive  
Coaching  
Environment

Go Games  
Refereeing

Ensuring  
Effective  
Meetings

## Leadership Session 2

24th May 2025  
(Two Hour Evening)  
The Check In

- Reflection to Date
- Personal Purpose



## Leadership Session 3

27th September 2025  
(Face to Face Day)  
The Journey Onwards

- Career progression planning
- Next Stage of the Journey
- Review
- Graduation

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

## Leadership Session 1

Theme: Introduction to Leadership

### **Module 1: Introduction to Leadership Programme**

- Structure of the programme
- Aims and objectives
- Participant requirements

### **Module 2: Being a Leader**

- Leadership versus management
- Examining the role & attributes of a strong leader
- Reviewing different levels of leadership
- Exploring the concept of being a leader

### **Module 3: Personal Development**

- Leadership Styles
- Discover your leadership style
- The strengths and weaknesses of your style
- Adapting your style to a situation

### **Module 4: Self Reflection**

- Monitor own performance and behaviour
- Analyse opportunities for personal development

### **Module 5: Using Social Media**

- Lessons from Social Media
- Showcasing your journey

### **Module 6: Starting My Journey**

- Next steps of the programme
- Personal responsibility

# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

## Leadership Session 2

**Theme:** The Check In

### **Module 1: Reflection to Date**

- Review learning outcomes since Day 2
- Analyse current practice

### **Module 2: Personal Purpose**

- Assess personal goals and role in movement

## Leadership Session 3

**Theme:** The Journey Onwards

### **Module 1: Career Progression Planning**

- Assess current skills, interests and values
- Explore options and related pathways
- Set career goals

### **Module 2: Next Stage of Your Journey**

- Discuss opportunities for maintaining momentum

### **Module 3: Review**

- Key learnings through programme
- Putting theory into practice
- Leadership lessons learned

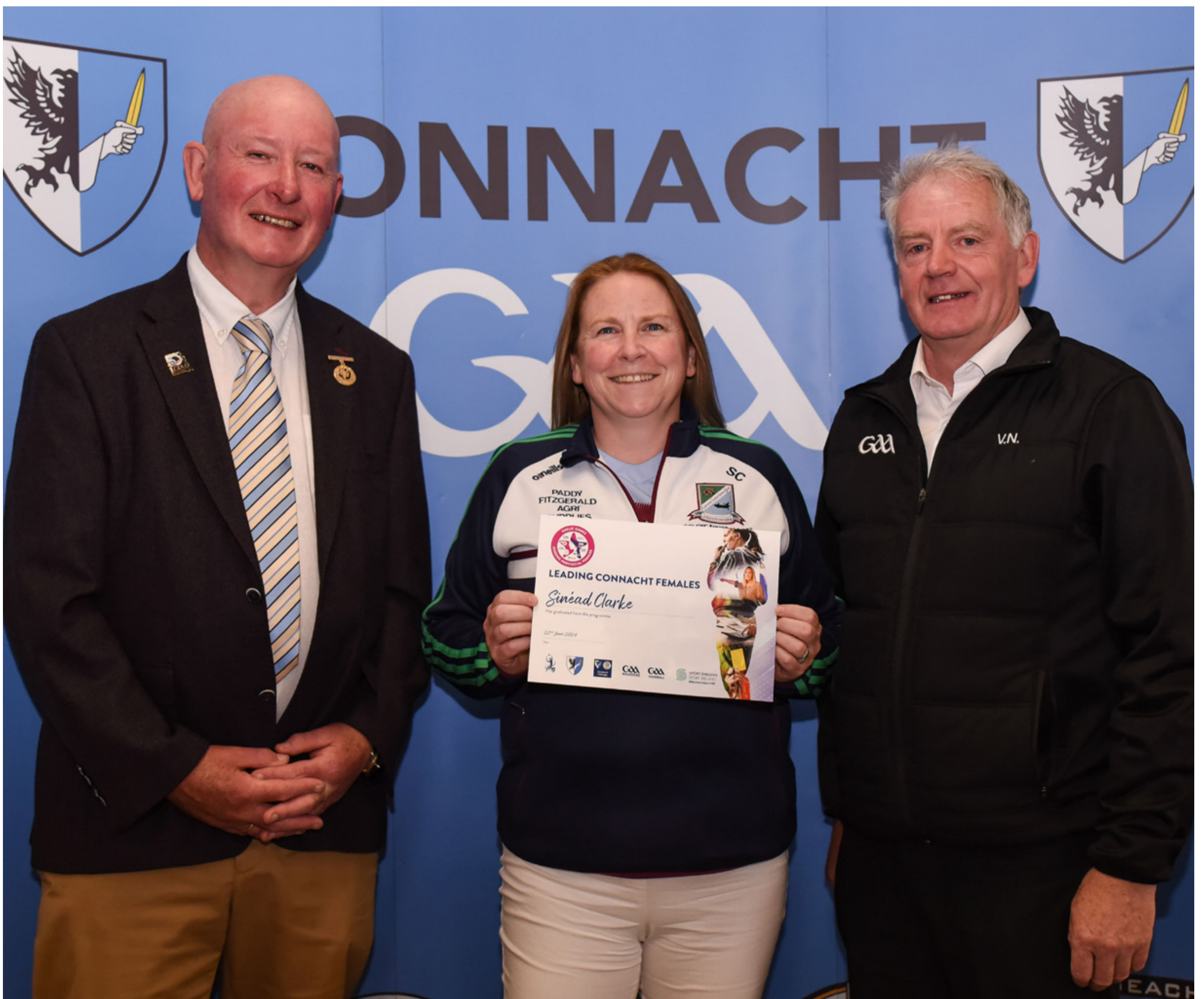
### **Module 4: Graduation**

- The final destination

# PROGRAMME CONTENT – MODULES

Participants must complete at least two modules between each date, minimum of four in total.

Modules Between Leadership Day 1 and Day 2 – Participants must complete at least two modules





Module	Starting my PR Journey Including Social Media	Being a Volunteer and a Club Leader
Aims	<ul style="list-style-type: none"> <li>• Introduction to PR/ Media</li> <li>• Gain an understanding of journalism and its growth</li> <li>• Recognise the role of social media</li> <li>• Master the skills to utilise various social media</li> <li>• Gain insight into how social media works for a club or county</li> </ul>	<ul style="list-style-type: none"> <li>• Gain an understanding of how a club operates</li> <li>• Identify the expectations of a club and their volunteers</li> <li>• Understand the role of a volunteer coordinator</li> <li>• Ensuring good club governance</li> <li>• Future thinking and decision making</li> <li>• Managing volunteer performance</li> </ul>
Date	Monday 24th February 2025, 8pm	Thursday 6th March 2025, 8pm
Duration	2 hours (evening)	2 hours (evening)
Delivery Method	Webinar	Webinar



Module	Creating a Positive Coaching Environment	Go Games Referee Course	Introduction to Coaching Gaelic Games
Aims	<ul style="list-style-type: none"> <li>• Explore club player pathways within your club</li> <li>• Understand how to develop a club coaching philosophy to create a positive environment for all players</li> <li>• Identify strategies to ensure a positive environment in your club</li> </ul>	<ul style="list-style-type: none"> <li>• To train referees to officiate at underage levels</li> <li>• To outline the roles and responsibilities of referees</li> <li>• To assist referees with understanding the rules of games</li> <li>• To encourage referees to develop on the referee pathway</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the role of the Female coach</li> <li>• Teach key points for coaching</li> <li>• Identify how to coach a skill</li> <li>• Develop understanding of movement and how to develop</li> <li>• Understanding coaching through games</li> </ul>
Date	Monday 7th April 2025, 8pm	Thursday 17th April 2025, 8pm	Saturday 26th April 2025, 8pm
Duration	2 hours (evening)	1 day (10am-5pm)	1 day (10am-5pm)
Delivery Method	Webinar	Face to Face (Certified course)	Face to Face (Certified Course)

# Modules Between Leadership Day 2 and Day 3 - Participants must complete at least two modules



Module	Ensuring Effective Meetings	Being a Diversity and Inclusion Leader	Managing Change
Aims	<ul style="list-style-type: none"> <li>• Holding productive and action orientated meetings</li> <li>• Develop the key skills and behaviours required to facilitate a group discussion</li> <li>• Prepare effectively before facilitating a meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Explore Diversity and inclusion pathways within gaelic games</li> <li>• Understand how to involve your unit in diversity and inclusion opportunities</li> <li>• identify strategies to champion inclusion and diversity within your unit</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of aspects of change</li> <li>• Identify effective ways to manage change</li> <li>• Increase buy-in to change and minimize resistance</li> </ul>
Date	Thursday 5th June 2025, 8pm	Monday 16th June 2025, 8pm	Thursday 26th June 2025, 8pm
Duration	2 hours (evening)	2 Hours (evening)	2 hours (evening)
Delivery Method	Webinar	Webinar	Webinar



Module	Dealing with Conflict	Importance of Teamwork & Managing Teams	Innovation – Where Good Ideas Come From and How to Sell Them
Aims	<ul style="list-style-type: none"> <li>• Identify conflict situations and solutions</li> <li>• Creating a positive environment</li> <li>• To outline methods of prevention of conflict</li> <li>• To understand how to deal with conflict scenarios</li> </ul>	<ul style="list-style-type: none"> <li>• Identify individual team member strengths and how to manage a team</li> <li>• Recognise the common barriers to delegation, how to overcome these and reap the benefits of delegation</li> <li>• Understand the roles and duties of a range of team members and how to get them to work together effectively and cohesively</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding innovation and the benefits</li> <li>• Keeping ahead of the curve</li> <li>• Unleashing the innovative leader</li> <li>• Getting buy in for ideas</li> </ul>
Date	Monday 25th August 2025, 8pm	Monday 8th September 2025, 8pm	Thursday 18th September 2025, 8pm
Duration	2 hours (evening)	2 hours (evening)	2 hours (evening)
Delivery Method	Webinar	Webinar	Webinar

01

Complete the application form

02

Applications will be reviewed and applicants will be shortlisted

03

Shortlisted applicants may complete short conversation with member(s) of Ulster Gaelic Games either in person or by phone

04

Successful applicants will be notified by 24th January 2025

05

Applicants will confirm place

APPLY NOW



