



The
Cavan
Centre

Residential Centre for Education and Community Development Established 1977

Personal & Team Development Course



GENERAL COURSE INFORMATION:

This course can be designed around the needs of the individuals or groups who would like to examine their roles within a team environment.

Modules may include:

Personal Development

Group Dynamics

Outdoor Activity

Management Tasks

Confidence Building

Review & Reflection

Objectives: To help any group or individuals actively looking to improve and enhance their their/group performance.

Groups will be able to examine the uses of experiential learning within a team/group environment.

Duration: These courses can be run on a 1, 2, 3 or weeklong basis. All courses can be designed around the needs of the group.

Please call Celine on 049 8544436 or email: info@cavancentre.ie

At the Cavan Centre we pursue a policy in favour of marginalised and disadvantaged individuals and communities.