**FRIENDS Adult Resilience Facilitator Training**

**“Strong not Tough”**

**Application Form**

*Applicants must have a minimum of two years paid work experience.*

**Applicants Details**

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| **Name:**  **Address:**  **Service:**  **Phone:**  **Email:**  **Job Title:** |

**Please indicate by placing x in the box the training dates being applied for:**

11th & 12th November

**Please outline your experience of delivering training or Facilitation**

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**How will the training support the work in your organisation?**

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**Please identify the group you intend to deliver the programme to and the intended timeframe?**

(*The programme takes approx. 7 hours to deliver depending on the needs of the group, it can be run weekly, half days or in a full day, the expectation is that a date within an 8 week period of the training be identified for delivery prior to attendance at training.)*

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**Applicant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Managers Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Completed forms must be returned 7 days prior to the training date by email. Should you have any queries on any aspect of the training content or application please do not hesitate to contact** [**Siobhan@carlowys.ie**](mailto:Siobhan@carlowys.ie) **or 085-7897339**

*The certified facilitator training will be undertaken over two mornings 10am -1pm as virtual workshops using Zoom. A good quality internet connection is required.*