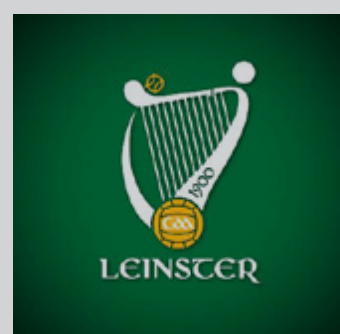


# LEADING LEINSTER FEMALES





## 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 two 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.



Innovation –  
Where good  
ideas come  
from and how  
to sell them

Dealing with  
Conflict

Managing  
Change

Importance  
of Teamwork  
& Managing  
Volunteers

Being a  
Diversity and  
inclusion  
Leader

Ensuring  
Effective  
Meetings

Resilience and  
Wellbeing in  
your Role

# INDIVIDUAL SELF-LED PROJECT

Participants will be asked to undertake a self-led project within their province

## What is the self-led small group project?

All participants will complete a small group project in their province focused on one of the six pillars of a well-run unit and this can be across their area of interest (Coaching, Administration, PR, Officiating)

## What are the Six Pillars of a well-run unit?

1. Games
2. People
3. Community
4. Communication
5. Governance
6. Resources

Participants will be asked upon acceptance onto to the programme to submit a short project plan before Leadership Day 1, there will be a project check in as part of Leadership Day 2, and participants will be asked to submit a Project Report before Leadership Day 3.



# PROGRAMME CONTENT – GENERIC LEADERSHIP DAYS

## Leadership Session 1 - 7<sup>th</sup> March 2026

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 - 25<sup>th</sup> May 2026

**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 - 14<sup>th</sup> November

**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

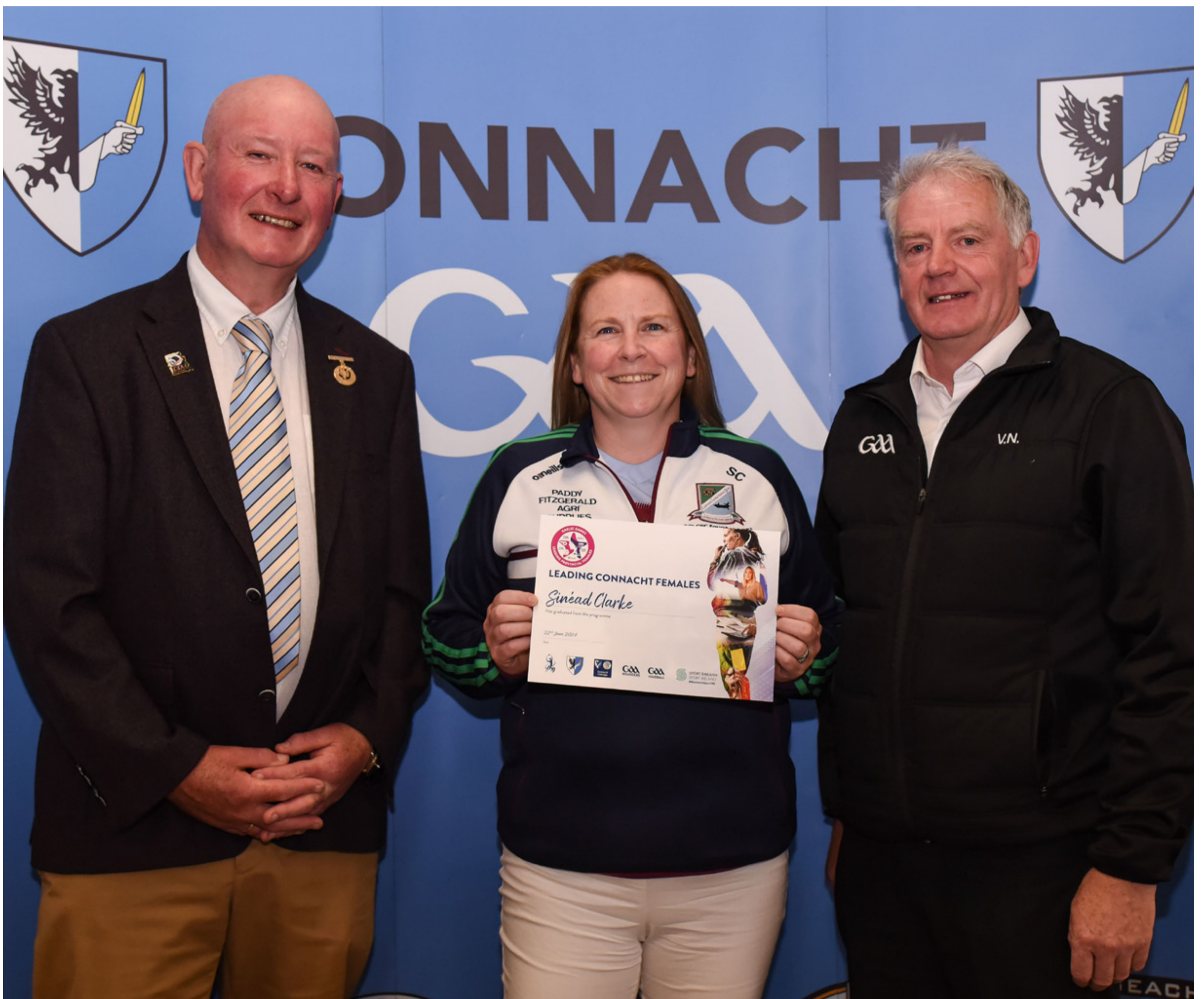
### **Module 4: Graduation**

- 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                                                                                                                                                                                                                                                          | The Language, Culture and Leadership                                                                                                                                                                                                                      |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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</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</li></ul> | <ul style="list-style-type: none"><li>• Gain an understanding of the importance of the language and culture in our games</li><li>• Identify the relationship between the games and language and culture</li><li>• Insights into how to become a</li></ul> |
|                 | for a club or county                                                                                                                                                                                                                                                                                | and decision making <ul style="list-style-type: none"><li>• Managing volunteer performance</li></ul>                                                                                                                                                                                         | culture and language leader in your unit                                                                                                                                                                                                                  |
| Date            | Monday 19th March 2026, 8pm                                                                                                                                                                                                                                                                         | Thursday 30th March 2025, 8pm                                                                                                                                                                                                                                                                | Thursday 16th April 2026, 8pm                                                                                                                                                                                                                             |
| Duration        | 2 hours (evening)                                                                                                                                                                                                                                                                                   | 2 hours (evening)                                                                                                                                                                                                                                                                            | 2 hours (evening)                                                                                                                                                                                                                                         |
| Delivery Method | Webinar                                                                                                                                                                                                                                                                                             | Webinar                                                                                                                                                                                                                                                                                      | Webinar                                                                                                                                                                                                                                                   |

| Module          | Creating a Positive Coaching Environment                                                                                                                                                                                                                                                    | My Referee Journey                                                                                                                                                                                                             | Female Coach Practical                                                                                                                                                                                                                                                                |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 Give perspective on the referee Journey</li><li>• To outline the roles and responsibilities of referees</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 May 2026, 8pm                                                                                                                                                                                                                                                                    | Monday 18th May 2026, 8pm                                                                                                                                                                                                      | Saturday 25th April 2025, 10pm                                                                                                                                                                                                                                                        |
| Duration        | 2 hours (evening)                                                                                                                                                                                                                                                                           | 2 Hours (evening)                                                                                                                                                                                                              | 1 day (10am-5pm)                                                                                                                                                                                                                                                                      |
| Delivery Method | Webinar                                                                                                                                                                                                                                                                                     | Webinar                                                                                                                                                                                                                        | Face to Face                                                                                                                                                                                                                                                                          |

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

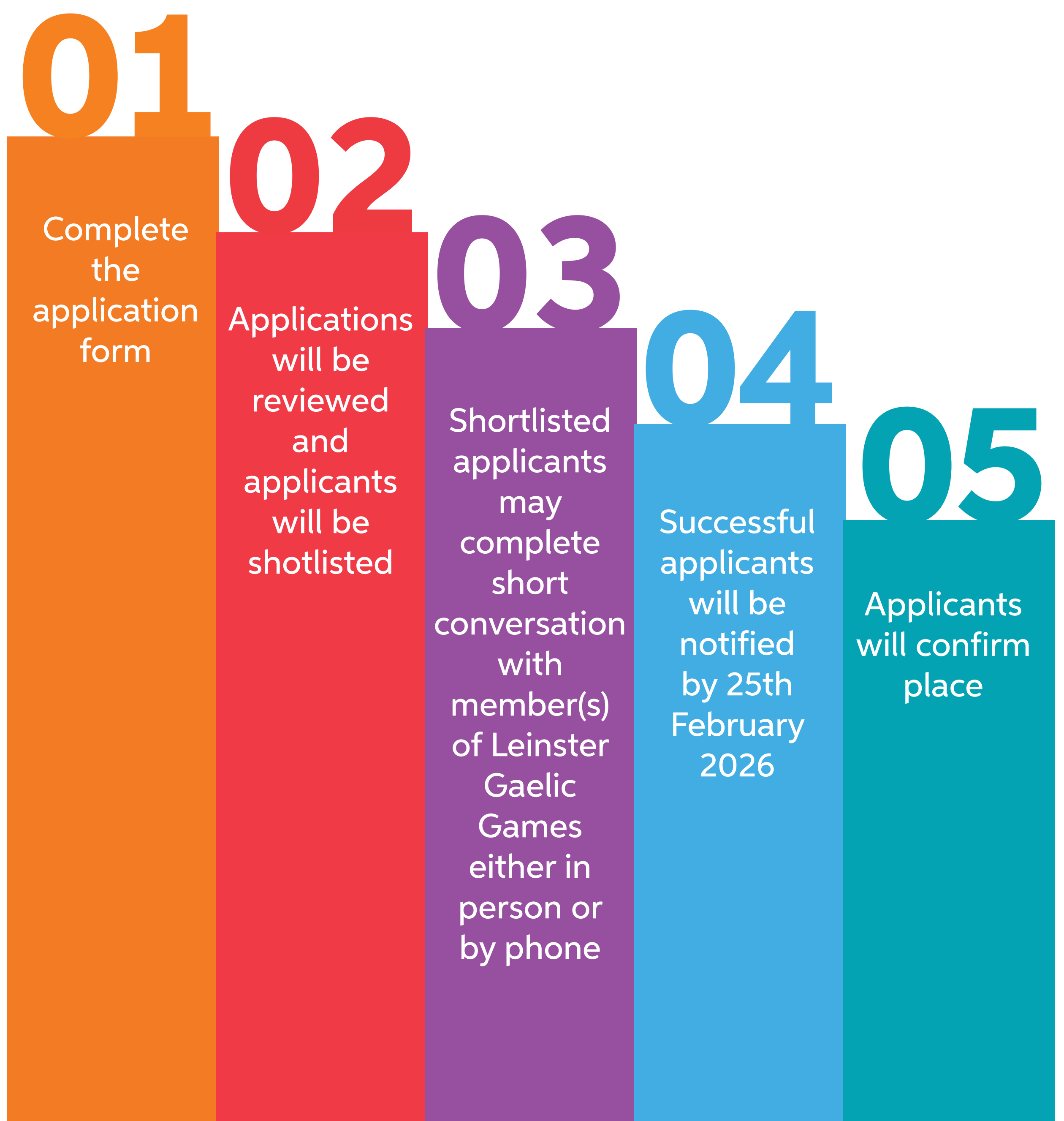


| Module          | Leading Effective Meetings                                                                                                                                                                                                                                    | Being a Diversity and Inclusion 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 4th June 2026, 8pm                                                                                                                                                                                                                                   | Thursday 25th June 2026, 8pm                                                                                                                                                                                                                                                                 | Monday 7th September 2026, 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>• Idenify conflict situations and solutions</li><li>• Creating a positive envirovment</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            | Thursday 24th September 2026, 8pm                                                                                                                                                                                                                        | Thursday 8th October 2026, 8pm                                                                                                                                                                                                                                                                                                                                             | Monday 19th October 2026, 8pm                                                                                                                                                                                  |
| Duration        | 2 hours (evening)                                                                                                                                                                                                                                        | 2 hours (evening)                                                                                                                                                                                                                                                                                                                                                          | 2 hours (evening)                                                                                                                                                                                              |
| Delivery Method | Webinar                                                                                                                                                                                                                                                  | Webinar                                                                                                                                                                                                                                                                                                                                                                    | Webinar                                                                                                                                                                                                        |

|                 |                                                                                                                                                                                                                                                |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Module          | Resilliance and Wellbeing in Your Voluntary Role                                                                                                                                                                                               |
| Aims            | <ul style="list-style-type: none"><li>• Gain an understanding of lifestyle balance in the volunteer role</li><li>• Identify signs of burnout in volunteers</li><li>• Understand the importance of building resilience as a volunteer</li></ul> |
| Date            | Monday 2nd November 2026, 8pm                                                                                                                                                                                                                  |
| Duration        | 2 hours (evening)                                                                                                                                                                                                                              |
| Delivery Method | Webinar                                                                                                                                                                                                                                        |



APPLY NOW



