



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 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

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

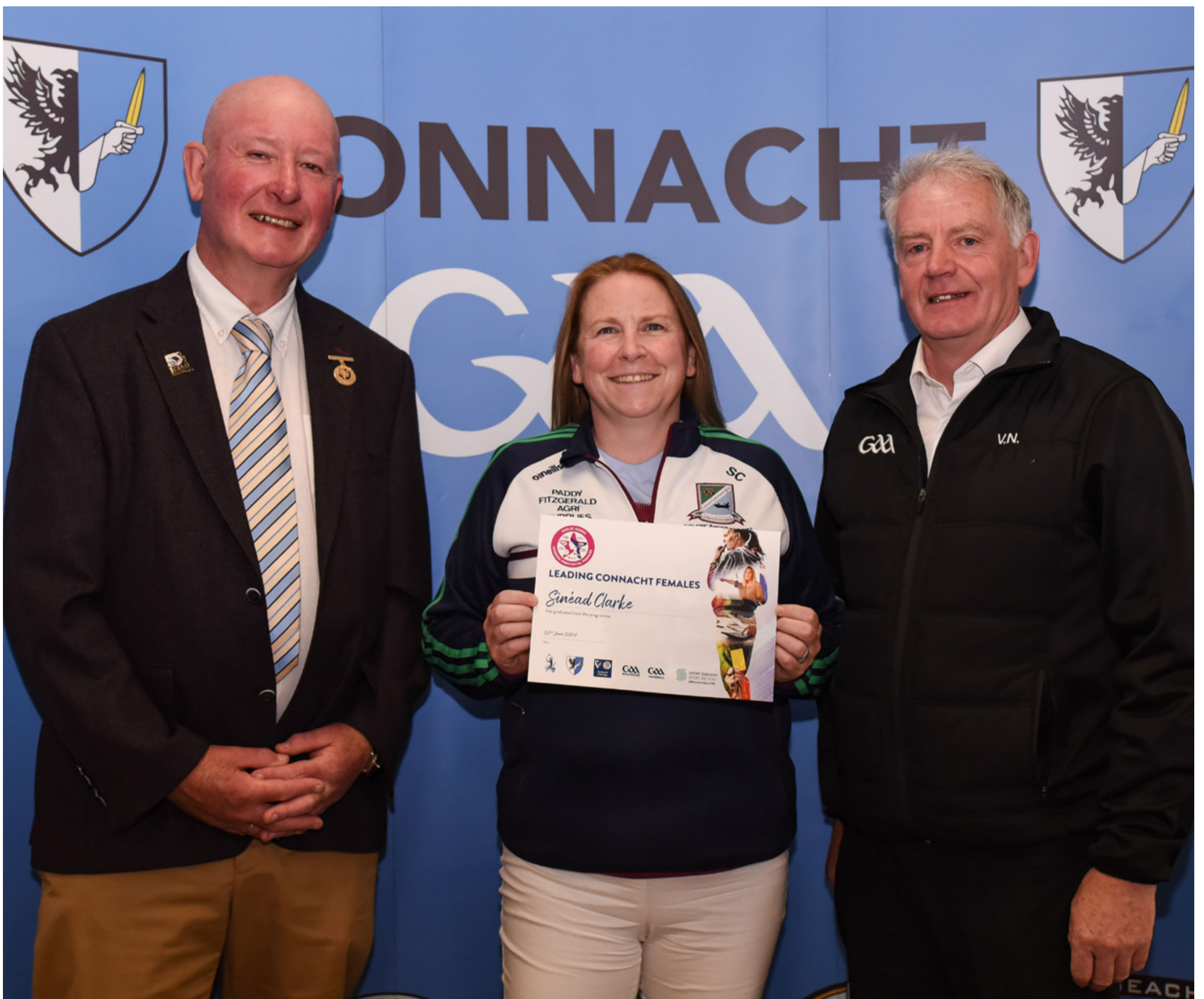
Module 4: Graduation

- 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	The Language, Culture and Leadership
Aims	<ul style="list-style-type: none"> • Introduction to PR/Media • Gain an understanding of journalism and its growth • Recognise the role of social media • Master the skills to utilise various social media • Gain insight into how social media works 	<ul style="list-style-type: none"> • Gain an understanding of how a club operates • Identify the expectations of a club and their volunteers • Understand the role of a volunteer coordinator • Ensuring good club governance • Future thinking 	<ul style="list-style-type: none"> • Gain an understanding of the importance of the language and culture in our games • Identify the relationship between the games and language and culture • Insights into how to become a
	for a club or county	and decision making <ul style="list-style-type: none"> • Managing volunteer performance 	culture and language leader in your unit
Date	Thursday 19th March 2026, 8pm	Monday 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">• Explore club player pathways within your club• Understand how to develop a club coaching philosophy to create a positive environment for all players• Identify strategies to ensure a positive environment in your club	<ul style="list-style-type: none">• To Give perspective on the referee Journey• To outline the roles and responsibilities of referees• To encourage referees to develop on the referee pathway	<ul style="list-style-type: none">• Identify the role of the Female coach• Teach key points for coaching• Identify how to coach a skill• Develop understanding of movement and how to develop• Understanding coaching through games
Date	Thursday 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**

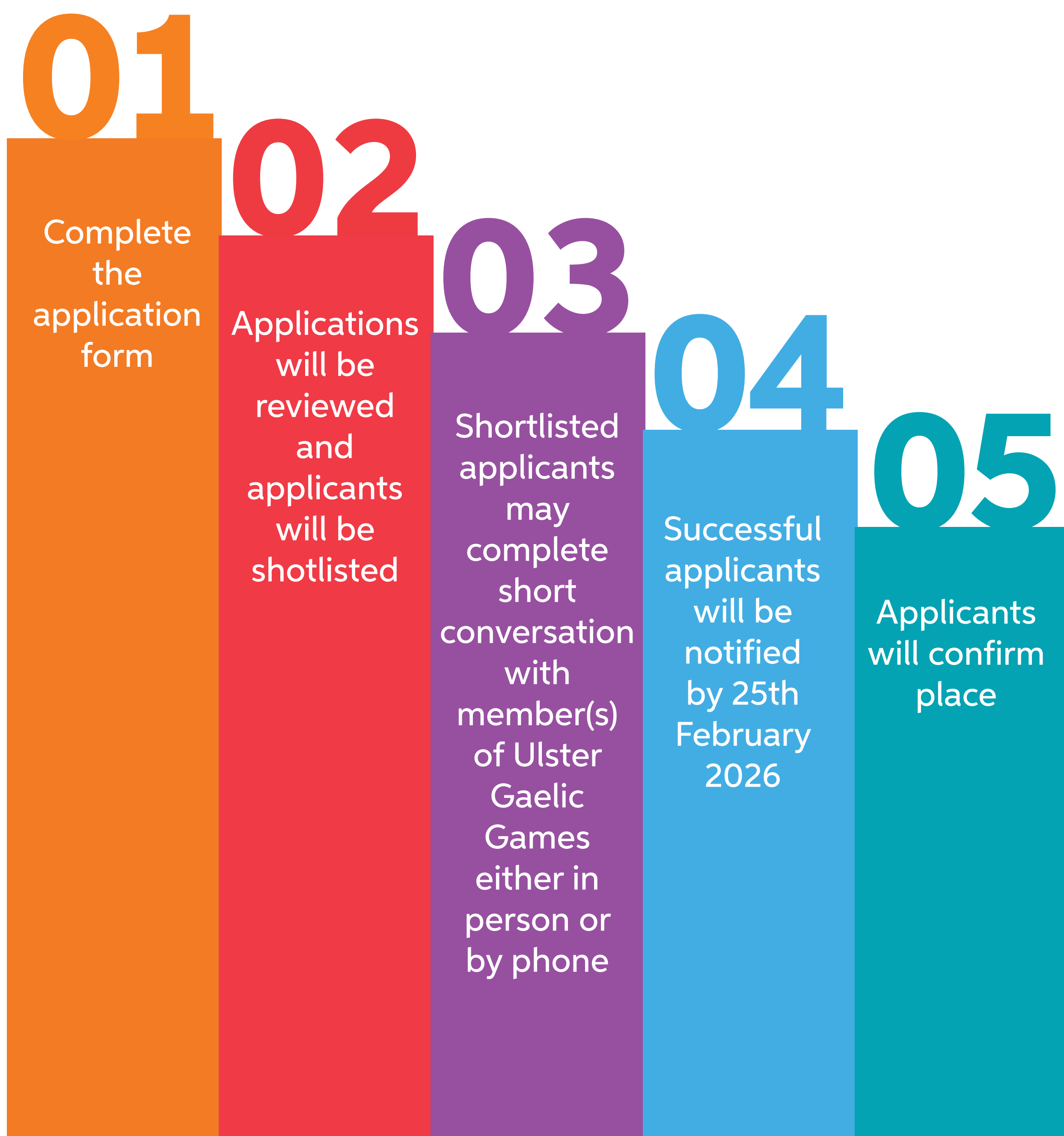


Module	Ensuring Effective Meetings	Being a Diversity and Inclusion Leader	Managing Change
Aims	<ul style="list-style-type: none"> • Holding productive and action orientated meetings • Develop the key skills and behaviours required to facilitate a group discussion • Prepare effectively before facilitating a meeting 	<ul style="list-style-type: none"> • Explore Diversity and inclusion pathways within gaelic games • Understand how to involve your unit in diversity and inclusion opportunities • identify strategies to champion inclusion and diversity within your unit 	<ul style="list-style-type: none"> • Develop an understanding of aspects of change • Identify effective ways to manage change • Increase buy-in to change and minimize resistance
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">• Idenify conflict situations and solutions• Creating a positive envirovment• To outline methods of prevention of conflict• To understand how to deal with conflict scenarios	<ul style="list-style-type: none">• Identify individual team member strengths and how to manage a team• Recognise the common barriers to delegation, how to overcome these and reap the benefits of delegation• Understand the roles and duties of a range of team members and how to get them to work together effectively and cohesively	<ul style="list-style-type: none">• Understanding innovation and the benefits• Keeping ahead of the curve• Unleashing the innovative leader• Getting buy in for ideas
Date	Monday 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">• Gain an understanding of lifestyle balance in the volunteer role• Identify signs of burnout in volunteers• Understand the importance of building resilience as a volunteer
Date	Thursday 12th November 2026, 8pm
Duration	2 hours (evening)
Delivery Method	Webinar



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