

Training and networking helps develop the skills needed to be an effective youth leader. Availing of training is beneficial to both the volunteers and the group. CDYSB provides basic leadership training and requires that all leaders undertake this training.

Training will support leaders or committees to run their groups more effectively. As a volunteer there are many benefits from availing of supplementary training including the development of:

- Leadership skills.
- Organisational skills.
- Specific skills, e.g. group facilitation, first aid or coaching.
- Creative skills, e.g. visual arts, music or drama.

BASIC YOUTH LEADERSHIP SKILLS

Leadership training can give you a chance to pick up ideas/skills/tips in running a group. This training is available through CDYSB and explores, among other things, the skills necessary to be a youth leader; how to work with young people and your own style of leadership. Basic youth leadership skills will also include child protection training which is necessary for all leaders.

FIRST AID TRAINING

It is good practice for at least one leader to have first aid training. First aid training for all leaders and maybe some of the older members in your group is an excellent idea as it will ensure that a first aider is always present. Organisations which provide this training include the Order of Malta and St. Johns Ambulance Brigade.

SPECIALIST TRAINING

Many organisations offer training which covers a specific area of interest. Although not necessary, taking up these opportunities will develop your own talents and skills and bring new ideas back to your group.

CDYSB currently offers specialist training in the arts. Other areas that various youth and community organisations offer training in include:

- Facilitation skills.
- Running committees and meetings.
- Health promotion.
- Environmental projects.
- Equality and interculturalism.

The CDYSB website, www.cdysb.ie will keep you updated on upcoming training events. Another useful website is www.activelink.ie which advertises training opportunities provided by various community and youth organisations.

NETWORKING

Training is not just a chance to gain new skills, it's also a chance to meet volunteers from other groups and to swap ideas. Organising to meet with other volunteers in the same area as you, or who run the same type of group as you, can be a great way to get support and to share programme ideas, skills and resources. Visits to other groups are also useful and can lead to groups working together to organise a big event or training e.g. a sports tournament between the groups or first aid training.

Log on to www.cdysb.ie to see what other groups operate in your area.

TRAINING GRANTS

Grants for training are available from CDYSB, for more information please contact your Liason Officer.

TRAINING DIARY

This is a simple way to keep a record of your training. This will help you in future for example with C.V.'s or to ensure that everyone receives training.

TITLE OF TRAINING	DATE	NAME OF ORGANISATION & CONTACT DETAILS	QUALIFICATION IF ANY