

THE PROGRAMME IS FOR TRANSITION YEAR AND 5th YEAR SECONDARY SCHOOL GIRLS

Each person has what it takes to be someone great. The Momentum Leadership Programme helps young women to unlock the potential that lies within them. It creates the environment for each participant to discover her capacity and gives her the tools to become her personal best.

*Empowering young women
to make a positive impact
in your community.*

MISSION

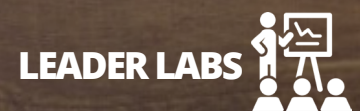
METHOD

*Growth mindset*¹ is a learned ability to respond to difficulties and setbacks as opportunities for learning and growth. Connected to this is *Grit*², which is the capacity to persevere with passion and determination in the pursuit of long-term goals.

In Momentum Leadership we do not simply speak about these transformational ideas, but the three steps of the programme help each girl to practise them and thereby make them part of herself.

¹ Dr Carol S. Dweck, *Mindset: How You Can Fulfil Your Potential* (2012). www.mindsetonline.com

² Angela Duckworth, *Grit: Passion, Perseverance, and the Science of Success* (2016). www.angeladuckworth.com



LEADER LABS

Interactive sessions given by experienced moderators, involving experiential learning, lively discussions, short videos, case studies and Q&A focused on specific leadership qualities. Duration: 1 hour.



SOCIAL IMPACT

Social impact empowers each participant to make a positive impact in the community. Each participant can choose which charity she would like to work with. Duration: 1 hour.



MENTORING

With the help of a mentor, each participant sets personal goals to develop key leadership skills in their own lives. Duration: 20-30 minutes.



momentumleadership.ie



facebook.com/momentumleader



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TO BOOK A PLACE, CONTACT US AT
087 9467074
info@momentumleadership.ie

OR BOOK ONLINE AT
momentumleadership.ie

PRICE

YEAR 1

- Pay in full (8 Leader Labs, Social impact and Mentoring): **€160.00**
- Pay per term: **€80** (Sep, Oct, Nov, Jan) and **€80** (Feb, Mar, Apr, May)

YEAR 2

- Pay in full (6 Leader Labs, Social Outreach and Mentoring): **€130.00**
- Pay per term: **€65** (Sep, Oct, Nov) and **€65** (Jan, Feb, Mar)

*This price does not include trips abroad or overnights.
Places are limited.*

MOMENTUM ALUMNI

Those who have participated in the *Momentum Leadership Programme* are welcome to participate in *Momentum Alumni* which offers lifelong learning and support. Activities include social projects, guest speakers, and study marathon weekends.

For more details:
www.momentumleadership.ie/alumni



**GAISCE
THE PRESIDENT'S
AWARD**

You can achieve *The Gaisce Award* by completing the programme. For more information, visit www.gaisce.ie



Momentum Leadership is managed by Brosna Educational Centres Ltd, www.brosna.ie, a registered charity (CHY 6329) for the advancement of education and character development in accordance with Christian principles and ideals. The pastoral care of Brosna is entrusted to the Opus Dei Prelature. Opus Dei is a recognised institution of the Catholic Church helping people to seek God in their daily lives.

MOMENTUM LEADERSHIP PROGRAMME

2017 / 18

YEAR 1

8 LEADER LABS
8 SOCIAL IMPACT
8 MENTORING SESSIONS

Leader Labs: Sep 20, Oct 18, Nov 15,
Jan 17, Feb 21, Mar 14, Apr 11, May 16

Year 1 participants are given the opportunity to do a 10-day social outreach project in Croatia in June, 2018.

YEAR 2

6 LEADER LABS
6 SOCIAL IMPACT
6 MENTORING SESSIONS

Leader Labs: Sep 20, Oct 25, Nov 8, Jan 4
(during the social outreach project), Feb 7,
April 4-7 (during the trip to Barcelona).

See details on our website
www.momentumleadership.ie/Year2

Year 2 participants are offered the possibility of doing a **2-day social outreach project in January** and a **4-day trip to Barcelona** which will include a Leader Lab in a leading Business School.

- The Leader Lab is one Wednesday per month at 7.30-8.30pm.
- The Social Impact Hour and the Mentoring Session is scheduled according to the availability of each participant.

Each participant can chose between:

Citywise

Wednesday, 6-7pm or Thursday, 5-6pm

Cheeverstown

Saturday, 11-12pm

Roebuck Nursing Home

Saturday, 2-3pm

YEAR 1



ORLAITH CARMODY
Author and Co-Founder
of *Media Training*

Wed, Nov 15 @ 7.30pm
Government Buildings

HELLO! IT'S ME!

How to effectively communicate what you want to say! How to speak in front of a crowd and speak so that others listen. What makes a good speaker? How to get your ideas across?

Orlaith Carmody is a businesswoman and author of *Perform As A Leader*, RTÉ news reporter for a number of years and co-founder of Media Training with her husband and business partner, Dragons' Den investor Gavin Duffy.

YEAR 1



ASUN GAYTAN DE AYALA
Image Consultant and Editor

Wed, Oct 18 @ 7.30pm
Glenard University Residence

COMMUNICATE THE REAL YOU

We communicate in different ways: example, word and image. What are we really communicating? What is authentic communication?

Asun is a trustee of Fashion Awareness Direct, a charity in the UK that supports young talent in the fashion industry. In 2007 she trained as an Image Consultant. She is a contributor of *t!* Magazine, a teen magazine by and for young people.
www.fad.org.uk | www.tmagazine.co.uk

YEAR 1 & 2



CLODAGH EDWARDS
CEO, IMAGE Publications

Wed, Sep 20 @ 7.30pm
Facebook Offices

DISCOVERING YOUR PURPOSE

Finding your passion? Put your heart in it and you will find purpose. Purpose is the reason you journey. Passion is the fire that lights your way.

As CEO of IMAGE Publications since 2015, Clodagh has reinvented an iconic brand into a modern, relevant media business. In her first year as CEO, the profits at IMAGE Publications increased tenfold and image.ie has recently been awarded Digital Product of the Year 2016 for the third year in a row.

SOCIAL IMPACT



Citywise (Jobstown, Tallaght) provides young people with after-school and out-of-school educational support, often urgently needed by those growing up in difficult or hostile city environments.
www.citywise.ie

**CHEEVERSTOWN**

Cheeverstown House provides a wide range of residential, respite and day services to almost 400 children and adults with an intellectual disability and to their families. www.cheeverstown.ie

SUMMER

Participants are given the opportunity to do a 10-day social outreach project in a European country. This will take place in June, 2018. The application process begins in December which includes an overnight in Blessington, participating in teamwork challenges in *Avonri Adventure Centre*. Further details of the project to be confirmed in November.



LEADER LABS 2017-2018

THE LEADER LABS DURING THE YEAR GIVE VITAL INPUT AND SKILLS TO EMPOWER THE GIRLS TO ACT. THE LABS ARE INTERACTIVE AND ACTION-FOCUSED.

YEAR 1

**THE POWER OF A TEAM**

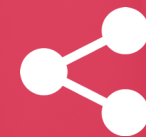
Understanding other people's qualities and talents. How to maximise your involvement and connection with others to achieve something worthwhile.

**COMMUNICATE THE REAL YOU**

We communicate in different ways: example, word and image. What are we really communicating? What is authentic communication?

**CONVERTING DREAMS INTO REALITY**

The power of day-to-day decisions. How to stay focused and keep to the decisions made. Sticking power.

**EMPOWER**

Leading is about empowering others. Bringing out the best in others. Empathy. Understanding. Connection.

**THE POWER OF ATTITUDE**

How to embrace challenges. Learn from others. See effort as something positive. See set-backs as a necessary learning curve.

**BUILDING TRUST**

Our life is all about relationships; connection with others. The success of those connections has a lot to do with our happiness. How to make those relationships lasting and meaningful?

**PERSEVERANCE AND PASSION**

When the going gets tough, the tough stay put! Is it worth it? What gives that sticking-power?

**HELLO! IT'S ME!**

How to effectively communicate what you want to say! How to speak in front of a crowd and speak so that others listen. What makes a good speaker? How to get your ideas across?

YEAR 2

**DISCOVERING YOUR PURPOSE**

Finding your passion? Put your heart in it and you will find purpose. Purpose is the reason you journey. Passion is the fire that lights your way.

**COURAGE AND OPPORTUNITY**

Success! When opportunity meets preparation. Courage to grab the opportunity. Courage is the commitment to begin without any guarantee of success.

**GREATNESS IN OTHERS**

Self-fulfillment is founded and nurtured on empowering others. How can I help others to reach their fulfillment?

**STICKING POWER**

View obstacles and difficulties as opportunities and challenges for personal growth. To stick at something knowing its benefits even if the results are slow in coming.

**EMOTIONAL EQUATIONS**

Emotional Intelligence is key to successful leadership. Find out how to interact, communicate and collaborate successfully with all types of people.

**SPEAK BOLDLY**

Fear of speaking in public can hold you back from reaching your full potential. How to channel your nerves to make the most of the experience.