



the Youth Identity project training



A toolkit for working with young women ages 16 - 18

The Youth Identity Project was developed with young women from Clare Youth Service, and challenges young women to explore who they are, and reflect on where their sense of identity comes from.

**Upon completion of this training
you will be able to facilitate an
8 week Youth Identity Programme
that includes sessions on:**

What is identity?

What influences who I am?

Self esteem and self care

Inner voice and self beliefs

Women in the media

My values and my decisions

Healthy relationships



Training feedback

'Thank you for both developing and delivering such wonderful training. I left the training feeling confident that I can deliver the programme and I know so many young women that will benefit from it.'
- Siobhan Wilmott, Limerick Youth Service

Feedback from young women who participated in The Youth Identity Programme

'This programme taught me how to love myself and those that matter to me, to understand and appreciate myself. I can't recommend it enough it's an incredible experience.'
- Meaghan, from East Clare

This training is for experienced facilitators supporting young women ages 16 -18 in a youth work, out of school, or education setting.

**PLACES
ARE
LIMITED**

Venue: Youth Work Ireland, 20 Dominick St Lower

Date: 20th January 2023

Time: 9.30am to 5pm

Cost: €20 for YWI members, €75 for non members

Bookings: See QR Code at bottom of page

'The Youth Identity Project training was a very informative and a well developed training event. I am now running the programme with young women on the Leaving Cert applied course and it is going extremely well with this group.'
- Helen Kennedy, School Completion Programme Coordinator

'It made me think about things I had never thought about before. Those things were so important and will help me make informed decisions in life.'
- Rachel, from Ennis

Register via the QR Code or email
ghalpin@youthworkireland.ie



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