



a part of **W** The **WiB** Group

# Professional Development Programmes 2025



Our partners:





## What is the Centre of Learning?

At the Centre of Learning we are passionate about encouraging women to climb the ladder of success both personally and professionally at all stages of their career, whilst actively encouraging allyship.

We develop and deliver practical and bespoke programmes for professionals and leaders from all different industries, whilst also supporting organisations seeking tailored internal training, coaching and HR consultancy.

The Centre of Learning is part of The WiB Group, an umbrella group of social enterprises that are dedicated in the mission to help create a prosperous, inclusive economy for Northern Ireland.



# What makes our programmes different?



Tailored content which is **relevant to today's working world**



Programmes to **address the challenges and barriers** often faced by women



Insights and advice on best practice as well as key tools from **industry leading facilitators**



External training provides the **opportunity to connect and learn with like minded women** outside of your organisation



Engaging programmes with **practical tools which can be applied immediately** to support continued development



**Discounted rates** for Women in Business, CBI and Northern Ireland Chamber members.



Our partners:



# What makes our programmes different?



In the past 4 years...

Over 4,000 women have been supported through the Centre of Learning.

**4,000**

We have engaged with over 400 women who want to re-enter the workplace.

**400**

Over 200 cross-sector organisations have taken part in programmes.

**200**



**800**

Over 800 mentees have been supported through the Mentoring Programme.

**350**

350 business owners & professionals volunteer as mentors.

**9.5**

Av. NPS score of 9.5 for programme content & delivery from Mar 23 - Dec 24.

# Our customers



Since commencing in 2019, we have had the privilege of providing training support to over 4000 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



Our partners:



# The Business Imperative



Learning and development is an essential strategic imperative for organisations to **attract, develop and retain their future leaders.**

## Retention

According to LinkedIn's Workplace Learning Report, 94% of employees say they would stay longer at a company if it invested in their learning and development.

## Employee attraction & recruitment

According to SHRM 83% of HR managers said training is beneficial for employee attraction, with 59% of Millennials saying learning and growing are extremely important when applying for a job.

## Employee well-being

A Westfield Health study found 51% of UK workers nearing burnout. Our Centre of Learning programmes offer a safe space for networking, sharing experiences and receiving practical tools for work-life balance.

## Improved performance & greater company output

59% of employees say training improves their overall job performance which results in improved company results. (SurveyMonkey).



# Our programmes

2025

## **Empowering Women in Leadership**

The Empowering Women in Leadership programme is designed to help you to become truly effective in business.

Command the boardroom and receive the tools and techniques to build your leadership capacity at all levels through impactful presentations, personal branding, change management and behaviours.

**A 4 part virtual programme, delivered by Una McSorley | Marcomm Training.**

£300 + VAT (affiliate rate)

## **Building High Performing Teams**

Develop essential management skills to lead with confidence, integrity and purpose.

Build emotional intelligence and learn how to overcome self-limiting beliefs, communicate with confidence, understand how to use a coaching style to improve engagement and performance and have 1-2-1's that work. (male only & female only intakes)

**A 1 day in person programme, delivered by Penny Toogood | Proclaim Consulting.**

£300 + VAT (affiliate rate)



## **Assertiveness in Action**

Boost confidence, tailor communication and navigate challenges with ease. Elevate your presence and achieve success through assertive action.

Join the Assertiveness in Action programme and be equipped with practical tools to confidently express yourself, set boundaries, tackle challenges, recover from setbacks and build a healthier mindset.

**A 1 day in person programme, delivered by Andrew Toogood | Proclaim Consulting.**

£300 + VAT (affiliate rate)



**Find out more:** [centreforlearningni.com](https://centreforlearningni.com)

# Our programmes

2025

## Excel Essentials

Whether you are just learning or refreshing your skills, get to know the basics of Excel through this programme.

Learn how to format data for reports and presentations, use formula and functions for budgets and targets to become more confident using Excel.

**A 2-part virtual training programme delivered by Louise Friel | Desktop Genie.**

£100 + VAT (affiliate rate)



## Advanced Excel Essentials

Unlock the potential of Excel. Save time and gain tips to become more proficient using the spreadsheet system.

Examine how data can be successfully manipulated and analysed, investigate advanced data analysis and functions, get an introduction to macros and Visual Basic for Applications.

**A 2-part virtual training programme delivered by Louise Friel | Desktop Genie.**

£120 + VAT (affiliate rate)

## Mastering Productivity & Balance

During this programme we want to shift your mindset and provide you with actionable strategies to help you manage your time, and let go of the need to do it all.

By blending psychological insights, practical tools, and collaborative learning, you will come away equipped to thrive in your career and achieve success on your terms.

**A 1 day in person programme delivered by Caoilfhionn Buckley | Dare to Unlearn**

£300 + VAT (affiliate rate)



Email: [nicky@centreoflearningni.com](mailto:nicky@centreoflearningni.com)

# Our programmes

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## The Mentoring Programme

Support for women at all stages of their career or business development through a professional 12-month relationship based upon trust and respect.

**A 1 year programme, sponsored and delivered by Advance Coaching. Onboarding is completed virtually for mentees and mentors.**

£80 + VAT (affiliate rate)

## Reflect and Reboot - Resilience Workshop

Receive the tools to strengthen your well being and resilience towards workplace challenges and personal opportunities.

Experience tried and tested coaching techniques to build resilience, overcome imposter syndrome, challenge the inner critic, identify stress patterns, handle workplace challenges, and tackle difficult relationships with increased confidence.

**A 1 day in person programme delivered by Sarah Travers | Bespoke Communications.**

£300 + VAT (affiliate rate)

## Back to Business | Maternity Returners Programme

This is a dynamic 3-month re-boarding programme for female employees returning to work from Maternity Leave.

Topics help individuals increase in confidence, understand their communication style, perceptions, and behaviours, build resilience, understand tools to improve work-life balance and look at their career goals.

**A mix of face to face and 1-2-1 virtual coaching sessions, delivered by Una McSorley | Marcomm Training.**

£1160 + VAT (affiliate rate)



Find out more: [centreforlearningni.com](https://centreforlearningni.com)

# Our programmes

2025



## Shaping the People Agenda

Stay ahead of the evolving business landscape and develop essential aspects of HR leadership, including strategic planning, hybrid working, talent management, employee engagement and organisational development with coaching sessions.

**A 3 month programme, delivered by Michele Larmour, Joanne Kelly and Ulster University.**

£1800 + VAT (affiliate rate)

## Influencing and Negotiating with Confidence

Successfully form and leverage relationships, challenge negative self-talk which undermines confidence and excel in the art of negotiation and influencing.

Navigate negotiations successfully while building meaningful connections with key stakeholders, maximise your ability to achieve your objectives and create win-win solutions.

**A 1 day in person programme, delivered by Una McSorley | Marcomm Training.**

£300 + VAT (affiliate rate)

## Present with Power

It's not always what you say, sometimes it's about how you say it. Make an impact and connect with stakeholders through your presentation skills.

Receive the tools and techniques to reduce presentation preparation time, overcome performance anxiety, tailor your presentation to the needs of different stakeholders and connect with audiences in a hybrid world.

**A 1 day in person programme, delivered by Camilla Long | Bespoke Communications.**

£300 + VAT (affiliate rate)

## Lead Together - Bridging Genders, Building Equality

This new programme will support organisations develop greater gender allyship. We want to lead the way in creating an open forum for organisations to discuss and develop clear Action Plans to move the dial on gender equality.

**A 2 month programme, delivered by Sandra Lee, and Joe McCartan | Training and Learning Solutions.**

£600 + VAT (affiliate rate)



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# What others have to say

## Pily

### NIE Networks

[Back to Business is a] great programme to ease yourself in after maternity leave. The sessions are easy to follow and Úna is a fantastic motivator and speaker. It is great for networking with other mums too. I found the coaching sessions with Gerry very valuable and full of useful tips that I am applying in my personal and professional day to day. Thanks for helping us feel more confident.



## Marie

### Baker McKenzie

A great opportunity to meet likeminded professional women and gain valuable insights from a fantastic coach. The mix of theory and practical application of the course topics really brought the content to life.

## Julie Henderson

### NIE Networks

Michele and Joanne were fantastic facilitators who created an environment for learning and growth and helped us all challenge ourselves. Their in-depth knowledge and experience in all topics made each module interesting and created so many learning outcomes and actions I will takeaway. I enjoyed being part of a small group of female leaders.



# Contact the team



Start your journey to learn, connect and grow today.



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**Head of Programmes & Development**

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**Gina Black (maternity cover)**

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Our partners:



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