

12-WEEK PERSONAL DEVELOPMENT PROGRAMME

WHAT CAN YOU EXPECT?



Challenging Mindset



Activities



Skills Development



Social Connection



Tailored Workshops



Complimentary Lunch

**FOR MORE INFORMATION CONTACT AOIFE KELLY:
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Why MenPower?

- ✓ **TAILORED FOR MEN:**
Specifically designed to address the unique challenges and aspirations of men.
- ✓ **COMPREHENSIVE APPROACH:**
A holistic programme covering wellbeing, resilience, mindset, and life planning.
- ✓ **EXPERIENCED FACILITATORS:**
Led by experienced facilitators dedicated to empowering men to reach their full potential.
- ✓ **COMPLIMENTARY LUNCH PROVIDED:**
Enjoy a light lunch on us during each session, fostering a relaxed and inclusive atmosphere.
- ✓ **NO IMPACT ON SOCIAL WELFARE PAYMENTS:**
Participate in MenPower without any effect on your social welfare payments.

"I feel like I have met lifelong friends and have got so much help"

"Surprisingly helpful, offering support with whatever problems you need help with"

Take this opportunity to challenge yourself!



Rialtas na hÉireann
Government of Ireland



Có-mhainithe ag an
Aontas Eorpach
Co-funded by the
European Union



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government supporting communities



Offaly Local Development Company



Connecting for Life

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021 – 2027.