

LEARNING *for* LIVING

LEADERS BUILD OTHERS

A PROGRAMME OF
HORIZON

A mentoring programme for 2nd & 3rd year students

What is Learning for Living?

Learning for Living, helps Junior Cycle students see their secondary school years from the viewpoint of their entire life. It encourages them to develop now the skills and attitudes they will need for future life challenges. Through a combination of **monthly seminars**, **workshops**, monthly involvement in a **social innovation project** and **one-to-one mentoring**, it teaches them to be men of character who are ready for responsibility to become:



Good husbands
and fathers



Excellent
professionals



Responsible
citizens



Loyal friends

The Programme

Learning for Living comprises 7 monthly meetings between October and April:

- | | | |
|--|---|---------------------------------------|
| Seminar + hands-on workshop | → | 2 nd Saturday, 4.30–6.00pm |
| One-to-one 45-minute mentoring conversation | → | Coordinate directly with mentor |
| Social Innovation Project | → | Coordinate directly with mentor |

Syllabus & Dates

→ The Big Picture Series [2nd Years]

- **Key ideas**
 - Learning how choices & actions impact one's future
 - Emphasis on interpersonal skills and developing a sporting spirit
- **Key dates 2017** [for 2018 topics & February Weekend Away, see website]

DATE	SEMINAR	WORKSHOP
Sat 14 Oct	The big picture: becoming the best version of yourself	<i>Manners & Etiquette</i>
Sat 11 Nov	Being a gentleman: relationship with girls	<i>Social Media & Friendship</i>
Sat 9 Dec	Ambition & maturity: aiming high for the sake of others	<i>Tower Game</i>

→ The Great Achievements Series [3rd Years]

- **Key ideas**
 - The Junior Cert as an opportunity to grow (hard work, perseverance, resisting distractions etc.)
 - Acquiring self-knowledge, developing thinking capacity
- **Key dates 2017** [for 2018 topics & February Weekend Away, see website]

DATE	SEMINAR	WORKSHOP
Sat 14 Oct	The Junior Cert as a workout routine	<i>Prudent Use of Social Media</i>
Sat 11 Nov	Read more, be more	<i>Personality Profiler</i>
Sat 9 Dec	Social entrepreneurship: serving others	<i>Puzzle Challenge</i>

Mentoring

Each student is assigned a mentor who guides him in finding practical applications of the principles taught in the classes. He is like a coach who **teaches, challenges and encourages** each student to reach his best. Specifically, he helps the student set **goals** that are **important and practical**. In an ongoing way, he helps the student track his progress towards these goals. The mentoring programme follows a monthly curriculum, but it is **tailored to each individual student's needs**.

Who runs Learning for Living?

Learning for Living is run by Nullamore. Nullamore is an educational centre where young people are helped to reach their full potential in partnership with parents. Nullamore is managed by Brosna Educational Centres Ltd. Responsibility for spiritual and doctrinal formation offered in Nullamore is entrusted to Opus Dei, a personal prelature of the Catholic Church.

Learning for Living is inspired by the message of Opus Dei, which encourages people from all walks of life to turn their work and daily activities into occasions for growing closer to God, for serving others and for improving society.

Cost

There is an annual fee of €140 (covers seminars, mentoring and social project). Families with more than one son participating in *Learning for Living* can apply for a special discount. Financial considerations should not prevent anyone from attending. A scholarship may be requested. For more information, contact Stephen Doorly at info@nullamore.com.