



LIFT Ireland

Transition Year Micro-Module

Implementing **LIFT Ireland Schools' Programme** builds a culture of leadership and respect, benefitting students, teachers, and the wider community. It requires minimal resources and delivers maximum impact.

— What other schools say:
LIFT affords our students time to reflect on their leadership values and help create a toolkit to become effective leaders in their lives and make an impact on their peers. **We see LIFT as an essential part of our students' education.**
Eimear Cullen - New Cross College.



What is LIFT?

LIFT (Leading Ireland's Future Together) is a national initiative embedding core leadership values & themes to inspire positive change across Ireland



Listening



Positive Attitude



Respect



Honesty & Integrity



Resilience



Determination



Innovation & Adaptability



Empathy & Understanding

The **fully funded** LIFT Ireland **TY Micro-Module** empowers students with essential leadership skills, enriching their lives & positively impacting those around them.



LIFT at a Glance

- **Duration:** 8 classroom sessions.
- **Structure:** Student-led & minimal teacher workload.
- **Implementation:** Fits easily into the TY timetable
- **Fully Funded*:** All training & materials are provided at no cost to schools.

* LIFT is a Social Enterprise, with all fully funded activities supported by LIFT Corporate Partners.



Why Choose LIFT?

- Supports the **4 Student Dimensions & the Key Competencies of the Senior Cycle.**
- **Enhances well-being** – Builds confidence, resilience, teamwork & personal growth.
- Gives *all* an **equal voice.**
- **Encourages self-reflection & behaviour change.**

How to Implement LIFT in Your School

Teacher Training:
One-day online facilitator training.

Step 01

Step 02

School Partnership:
Order materials from LIFT Ireland.

Roundtable Sessions: Eight classroom sessions.

Step 03

Step 04

Student Leadership:
Students become certified LIFT facilitators & can run round tables with younger students.

What is a LIFT Roundtable?

A roundtable consists of 3/4 students gathered in a classroom setting to learn about and reflect on a leadership value.



Next Step – Get Started Today!
Interested in bringing LIFT to your school?

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Micro Module



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