



Training Overview

The University is committed to ensuring that all colleagues in all roles across the University are enabled to achieve their full potential through progressive development policies and practices.

The Learning and Development Unit is an integral part of the University's Human Resources Division. Our aims are:

- To support the University's strategic plan by delivering focused training and talent development solutions to all colleagues that will enable a high performing organisation.
- To support the development of your talents, skills and abilities to enable your professional success.

Leadership & Management Supports

- Management Essentials Programme
- PDR Training
- Having Difficult Conversations
- Manager as Coach
- Meeting Facilitation

Research & Academic Supports

- Researcher Development Programme
- Research Ethics
- Grant Writing
- Collaboration for Innovation – Interfaculty Collaboration Events
- Networking for Research Success – A Key Element of your Research Strategy
- The Entrepreneurial Academic
- PhD Supervisor Training
- Research Career Paths
- Masterclass on Communicating your Research
- Researcher Seminars:
- Technology Transfer and Commercialisation Seminar Series

The Learning and Development Unit has responsibility for designing and delivering the annual Learning & Development Plan, aligned with the strategic goals of the University and in support of development needs as identified under the Performance & Development Review (PDR). We aim to foster close relationships with academic and professional services departments to support you in achieving your objectives.

The opportunities we currently provide are summarised below. We continuously review this to make sure that they are relevant to the current needs of the University and its staff and welcome all suggestions/requests. Where possible, we incorporate these into our annual plans.

Internationalisation

- Intercultural Awareness
- Internationalisation Seminar Series

Personal Effectiveness

- Presenting with Impact
- Speaking off the Cuff
- Thinking and Acting Strategically
- Influencing Skills
- Resilience Training
- Working Productively while Working from Home
- Teamwork

Individual Supports

- Mentoring
- Coaching

Compliance Training

- GDPR
- Dignity and Respect
- PDR Training
- Managing Attendance
- Interview Skills
- Records Management
- Freedom of Information

Equality Diversity and Inclusion Training

- Unconscious Bias online
- Career Development for Academic and Research Staff
- Career Development for Staff in Administrative Roles

Wellbeing:

- Resilience
- Stress Management
- Lunchtime Seminar Series - "Be Well @ UL"

How to book a place

To book a place on any upcoming workshop email HRbookings@ul.ie. For more information on each workshop, including training times & dates, click here. All upcoming workshops are advertised through HRbookings@ul.ie.

Contact Us

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ul.ie/hr/current-staff/learning-and-development

Testimonials

"There are so many opportunities for training and professional development provided by HR. Every session I have attended was valuable and was time well spent. I have learned some very useful insights that have helped me in my work. The trainers are excellent, the sessions are very well organised. I actually look forward to the circulation of training on offer in the hope there will something new to attend, they are so helpful for work. I often encourage my colleagues in my department to attend them as well."

Academic Staff Member

"The HR Learning and Development office understood that employees needed support in the early months of COVID was reassuring while the training contributed to a positive mental attitude. For example the training reassured me that the panic, fear, worry and basically not really knowing how to put the next foot forward was normal while adjusting to new realities. When I look back over the last 10 months I realise the reassurance I got because HR Learning and Development services understood the need, positively impacted my attitude and resilience. Training opportunities while valuable also provided a space for colleagues across campus to share experiences and learning from each other thus creating a sense of community albeit virtually."

Professional Services Staff Member