

The 37th Adult Education & Training Exhibition takes place in City Hall, Cork, on Wednesday September 3 & Thursday September 4 from 1pm to 8pm – admission free – with a series of free workshops both days.

For almost 40 years the Cork Adult Education Council (CAEC), supported by Cork City Council and the Cork Education & Training Board (formerly the VEC), has organised the annual Adult Education Exhibition in City Hall.

It's taking place on Wednesday September 3 and Thursday September 4 from 1pm to 8pm and, as usual, admission is free.

Today many people use the Internet to find information, but there is nothing quite like being able to ask questions and discuss your specific needs face to face with those offering classes and other activities. That helps explain why the exhibition is so popular, year after year.

During more prosperous times many of the courses offered by exhibitors were for leisure and, while many will continue to offer those choices, the Cork Adult Education Council believes that today it is important to also encourage the public to explore their options for retraining, upskilling, perhaps changing career.

Since 1977 the Cork Adult Education Council has organised the exhibition in Cork City Hall - aimed at giving the public the chance to find out about all the learning opportunities available in the Cork area. Many organisations participate, offering a wide range of classes, courses and activities.

All the statutory education bodies, among them the Cork Education & Training Board (formerly the VEC), Cork Training Centre (formerly FÁS), UCC, CIT, community schools, are participating, joined by the Open University, colleges, organisations & individuals from the private sector, with many voluntary organisations also represented. Between them the exhibitors cater for all interests.

Free workshops

As well as the exhibition, there's a series of free hourly workshops from 2pm to 8pm on both days in the Foyer of the Millennium Hall, part of City Hall – which all are welcome to attend.

They're offered by some of the exhibitors and include: learning about a career as a sports or physical therapist; how volunteering can enhance your employability; how to live without stress; how to use Meditation, Mindfulness, positive psychology & CBT to help you face the pressures of modern life. You can try Yoga; you can also discover Qualifax – the national database of courses; learn how to create a European Skills Passport to help you find work across the EU. There's a workshop with Cork City Partnership showing you how to improve & update your CV.

Seminar: hear what local employers are looking for

At 7pm on both Wednesday September 3 and Thursday September 4 during the exhibition Cork ETB's Adult Guidance Service is running an interactive seminar: **Unlocking your Future – the Employer's Perspective.**

The seminar is for anyone who wants to learn what skills, qualifications & qualities employers are looking for when offering jobs. Wednesday evening's seminar will concentrate on the Hospitality, Catering & Retail sectors; on Thursday it's the turn of IT, Administration & Healthcare.

By adding a series of workshops during the exhibition, the organisers have enhanced the experience for all those who come along to City Hall on Wednesday September 3 and Thursday September 4. It's a great opportunity – and not to be missed. Remember, there's no admission charge.

Here is the list of free workshops:

WEDNESDAY SEPTEMBER 3rd

2pm	Join highly trained teachers from Himalaya Yoga Valley Centre for an informative, mini workshop to familiarise you with all aspects of a full yoga class.	
3pm	Find out how to live without stress while improving breathing, releasing tension & resolving back pain with Rosemary Moone, Alexander Technique teacher.	
4pm	Learn some easy, accessible daily Meditation and Relaxation Tools with Mary Doherty, Complementary Therapies & Meditation.	
5pm	A demonstration of Qualifax - The National Courses Database – which you can search nationwide for courses to suit your requirements. Learn how to build your CV online with Europass & create a Europeans Skills Passport, which helps to ensure your qualifications & skills are recognised across the EU.	
6pm	Building Resilience - Survival Strategies for Modern Life. A lecture introducing the use of positive psychology & CBT to help build a complete toolkit for dealing with these challenging times. Presented by PCI College , which offers training in counseling & psychotherapy for mature students.	
7pm	Unlocking Your Future: the Employer's Perspective. Gain an insight into what employers from the Hospitality, Catering & Retail sectors require from potential employees. Presented by Cork Education & Training Board's Adult Guidance Service.	

THURSDAY SEPTEMBER 4th

2pm	Join highly trained teachers from Himalaya Yoga Valley Centre for an informative, mini workshop as an introduction to a full yoga class.	
3pm	Learn about a career as a sports or physical therapist with St Martin's College of Physical Therapy which offers a range of courses.	
4pm	Hear from Cork Volunteer Centre how the skills & experience gained through volunteering can enhance employability & complement studies, opening up a world of opportunities.	
5pm	Make your CV work for you: bring along your CV & learn from Lucy Hastings of Cork City Partnership how to update & improve it.	
6pm	Discover the benefits & learn how to practice both Mindfulness & Meditation with Philip O'Byrne of NLP Cork .	
7pm	Unlocking Your Future: the Employer's Perspective. Gain an insight into what employers from the IT, Administration & Healthcare sectors require from potential employees. Presented by Cork Education & Training Board's Adult Guidance Service .	

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