

Special Feature EDUCATION & TRAINING

1 DAY HOSPITALITY SKILLS COURSE



Are you looking for a full- or part-time job in the Restaurant, Bar, Hotel or Catering Industry? Are you looking for a job to put yourself through college? We can help.

1 Day Food and Beverage skills course designed for those who are looking for a job but don't have the basic skills needed.

What we cover:

- Meet Greet & Seat the customer
- How to take order for food & drink
- How to carry & clear plates
- Full sequence of service
- Serving food, wine & drink

Rate: €80 (Certificate given on the day with a reference)

Next training courses are:

August 15th at The Parkway, Dunmanway
August 16th at The Maritime Hotel, Bantry

For more information or to book a place for the next course in your area email info@hsigroup.ie or whats app/text **087 7504435**.

Hospitality could be your passport to the world

Hospitality is one of the fastest growing employment sectors, offering job opportunities nationally and internationally. The Hospitality Skills Ireland Group is offering a one-day course in West Cork this August, aimed at giving people the basic knowledge and skills to find a job in this exciting industry.

If you are looking for full- or part-time work, or need a job to get you through college, but have no knowledge of the skills required, this course is for you.

HSIG trainers make sure all their training is practical-based and, with the help of industry providers, use premises to perform roleplays and practice in a professional training environment.

The next training courses in West Cork are August 15 at The Parkway, Dunmanway and August 16 at The Maritime Hotel, Bantry. A Certificate is given on the day with a reference.

This course is your first step for establishing a career in the hospitality industry. For more information or to book a place email info@hsigroup.ie or whats app/text 087 7504435.

Macroom apprentice to represent Ireland at the Skills Olympics



Patrick Twomey from Coolea, Macroom will represent Ireland at the 45th WorldSkills Competition, the skills Olympics, in Kazan, Russia in August 2019. Patrick will take part in the Construction Metal Work competition.

The Irish young people, all under 25 years, have proven expertise in their chosen field having competed against their peers to secure their places at the Competition. Patrick and his fellow team members were selected from the winners of

the National Skills Competition Finals which were held in March 2019.

They will showcase their skills and talents in the areas of Aircraft Maintenance, Beauty Therapy, Cabinetmaking, Cookery, Construction Metal Work, Electrical Installations, Joinery, Plumbing and Heating, Restaurant Service, Welding, Freight Forwarding, Visual Merchandising, Cloud Computing, Brick-Laying, Industrial Millwright Mechanic and Building Information

Modelling.

The WorldSkills Competition, which is held every two years, is the world's largest professional education event. Approximately 1,600 competitors from 60 countries will compete in 56 different skills and disciplines in Russia. All competitors will demonstrate technical abilities both individually and collectively to execute specific tasks for which they study and/or perform in their workplace.

From crutches to triathlon: Thanks to studying at College of Naturopathic Medicine



By Angela MacRitchie, CNM Graduate in Naturopathic Nutrition, Herbal Medicine, and Naturopathy

I don't have the words to express how much studying at CNM has changed my life. I was a county gymnast at 19 when my knee swelled up; I could only walk with crutches. Over the next 20 years I had six operations, took heavy painkillers and was often bed-ridden with pain. After the sixth operation my consultant said, "No more operations, I'm referring you to the Rheumatology clinic".

I was prescribed a cocktail of powerful anti-inflammatories which, despite making me feel very unwell, brought down the swelling dramatically and meant I could dispense with

crutches – though I was still in pain. I was told I'd be taking anti-inflammatories for life, so I began to investigate natural alternatives.

When I explained to the rheumatologist the natural changes I was making, he was unimpressed. I told him I had challenged myself to do a triathlon in two years' time, to which he replied, "No chance".

But my body increasingly began to wake up again. Two years later, at the age of 46, I successfully completed my first triathlon.

I'm now 50. It's been six years since I've taken any medication. My knee is fine;



I'm pain-free and enjoy more mobility than when I was a teenager. The only reason I haven't done more triathlons is because I've been studying for three Diplomas at CNM: Nutrition, Naturopathy and Herbal Medicine.

I learnt amazing facts at CNM, which really helped my health. It turned out my blood had no Rheumatoid factor markers, so Rheumatoid Arthritis was never the problem.

Studying for three Diplomas and working full time was tough but everyone at CNM helped me. As a Naturopath I now have three clinics offering my clients complete well-

being packages. I know the importance of giving the body what it needs for healing and returning to balance and inspiring people to make positive change in their lives.

Change career. Gain new skills. Help others. Become a Nutritional Therapist. Study In class or Online. CNM has a 20-year track record in training successful practitioners. Attend the next FREE CNM Open Event in Cork. Call 01 878 8060 or book online naturopathy.ie

CNM

COLLEGE OF NATUROPATHIC MEDICINE
Training Successful Practitioners

Attend a FREE
Open Event

CHANGE CAREER Train to become a...

- Nutritionist
- Herbalist
- Acupuncturist
- Homeopath
- Naturopath
- Natural Chef

Part-time Short Courses available

NEW Study in class or online

Colleges in Dublin, Cork & Galway and in the UK

01 878 8060

dublininfo@naturopathy.ie

www.naturopathy.ie

