



Adult Educational
Guidance Association of Ireland

EVERY STEP OF THE WAY

Our clients tell their stories



*Adult Educational Guidance Services supporting adults in their
journey through education and training towards new futures*



“Guidance facilitates people throughout their lives to manage their own educational, training, occupational, personal, social, and life choices so that they reach their full potential and contribute to the development of a better society”

National Forum on Guidance (2004)

Acknowledgement / Foreword

The Adult Educational Guidance Association of Ireland (AEGAI) is delighted to present this booklet of client stories. Our clients, by recounting their extraordinarily brave journeys of returning to education & training and onwards to the world of work, highlight the effective work of the Adult Guidance Services. The outcomes result in our clients finding appropriate and meaningful progression options and ultimately reaching their potential contributing fully to society.

Many of our clients have experienced difficulties in their careers e.g. unemployment and redundancy. Many more have experienced barriers in pursuing their education such as poverty, illness, disability, learning difficulties, lack of transport, childcare costs, which also distanced them from employment opportunities.

The narratives in this booklet provide evidence of the positive impact which occurs when clients receive tailored information, educational guidance and ongoing support throughout their educational journey. Their stories indicate how clients overcame challenging circumstances with the help and support of professional guidance intervention.

The guidance counsellor matches each person appropriately to relevant education/ training and supports. The consequent successes achieved by individuals as a result of finding their path with the guidance counsellor and information officer have helped to strengthen confidence and empowered them to progress, upskill and transform their lives.

The Adult Guidance Services are based within 16 ETB's nationwide and funded by SOLAS. The AEGAI are most appreciative to clients for generously sharing their personal stories. Many thanks also to the Adult Educational Guidance Services nationwide who participated in this project. A sincere word of thanks to SOLAS and ETBI who have assisted in funding this Booklet.

The booklet is a testament to the courage and resilience of our clients who constantly seek to advance their careers through Life Long Learning.

This collection of stories is a celebration of the contribution made by Adult Guidance Services supporting adults to upskill by accessing Further Education and Training opportunities.

*some of the clients have asked that their name be changed

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Support
Information
Suggested
KNOWLEDGE
Insight
Observed
Advocated
Individual attention
Funding
Opportunities
Guided
Helped
FRIENDLY
WELCOMING
What suited me
Interviews
Prepared me
Access
CVs
REASSURED
Making choices
Assisted
Expertise
Explained
Support
Self belief
Easy to approach
Listened
UNDERSTOOD
Easy to talk to
Took the time

John Keating

Carlow Adult Guidance Service



I went down to the Intreo office and I got talking to one of the employment officers. My decision was that I was going to return to education and the question was what direction to take?

The Intreo office advised me to meet with the Guidance Counsellor. He helped me by looking at my past academic achievements and matching me with suitable courses. I chose a gentle start at QQI Level 3 called Return to Learning. I never missed a day and I achieved good results in all my modules. The following year, I decided that I would apply to the Back to Education Initiative to choose a course which was called Information and Communications Technology Level 4. The Guidance Counsellor advocated for me to do what is usually a two year Level 4 programme in only one year.

It was a tense year doing assignments and for work placement I was in the Askea Parish Centre. I gained new skills in dealing with customer service, computer skills and being part of a team, dealing with customer queries over the phone and counting the day's collections. When I completed my Level 4 qualification last June I got my results in the post. I completed 8 modules and I got 4 Distinctions and 4 Merits. I was happy with the results. I was then trying to decide what my next move was going to be. The Guidance Counsellor helped me to select a VTOS Level 5 Business Administration. I got accepted and I was delighted.

It was great to be back. On completion I was accepted to study Business in IT Carlow. The goal for third level is to work hard, complete all my assignments on time and to achieve a qualification so that I can get a good job!

In 2000 armed with a good Leaving Certificate which I achieved in Presentation Carlow I went working on the buildings followed by car valeting and retail jobs. I was unemployed for 5 years during the recession so I completed safe pass, manual handling, fire extinguisher courses etc as well as caring for my grandmother. After nearly five years being unemployed, I was getting frustrated. I had a good think about what I was going to do with my career.

Thinking back to when I did my Leaving Certificate, I think I made a mistake because I should have either went onto 3rd level or repeated the Leaving Certificate to achieve higher results.

James*

Clare Adult Guidance Service

I was made redundant from a machine operator job in a factory in 2009.

As there weren't many jobs available, I decided to go back to education as I always had a difficulty with reading, writing and spelling in school.

I heard about the Vocational Training and Opportunities Scheme and I looked through the courses it offered. I wanted to do Community Care but I picked Art/Craft and Design because I knew there would be very little writing in it.

My struggle with reading, writing and spelling really affected me in life, school and work. I would feel humiliated and nervous when asked to read and write. I would get anxious and even make more mistakes as I doubted myself. I always got the lowest marks in the class in primary school and this continued in to secondary school making me think I was stupid.

In work, my pattern was to move before I was asked to do paper work.

I was intelligent and a good worker but I would leave if I knew I was going to get promoted to a job with more paper work. I kept to a low profile away from the limelight as it was my best way of protecting myself. But it got me down because I was frustrated.

Who I wanted to be was different to who I was.

At the start of VTOS, I remember the Guidance Counsellor coming in to talk to us, letting us know that she was there to support us in whatever way she could while on VTOS. She seemed very friendly, easy to approach and talk to.

One day I was in the study room and the Guidance Counsellor stopped to ask me how I was getting on. I was struggling with the Health & Safety module. She then took the time to sit down with me to try and figure out where the difficulty was. We went through everything from reading the assignment, to being able to write it, to my experiences in school and in work. Based on what the Guidance Counsellor observed and what I told her, she thought that perhaps that I may have a learning difficulty as my knowledge and verbal skills were so good but my struggle was expressing it on paper. She suggested that an assessment with an Educational Psychologist might help to identify my learning difficulties.

I was nervous doing the assessment but the Educational Psychologist was really good in reassuring me. I got the assessment report and the Guidance Counsellor explained what it meant. It said that my profile was consistent with a diagnosis of dyslexia. I now had a profile of how my dyslexia affected me and how I learned.

This was like a revelation to me.

I can't describe what a sense of freedom I got from knowing for the first time that I wasn't stupid. I was capable. It was just that I had a learning difference that made reading and expressing myself on paper difficult and frustrating for me.

I now knew what was wrong with me and I could do something about it. It felt like I was free to be myself now.

The Guidance Counsellor went through the accommodations that were suggested for me by the Educational Psychologist. She also reassured me that the VTOS programme, tutors and co-ordinator would be there to support me to do Level 5 Community Care.



Knowing now that I would get the support, I moved to the Level 5 Community Care course from Art/Craft and Design. I was now a different person. I began to study how I learned and what worked for me, in class and in trying to study myself. I had a scribe and reader for the examinations. The Guidance Counsellor liaised with the Community Care Tutor to explain the supports I needed. The Community Care tutor took time to explain the assignments to me so that I understood. I also had an hour of support from the Adult Basic Education Service. As I participated in the Community Care course, I got more and more confident. I figured out what worked for me. I wasn't afraid now to talk to tutors and ask for the help I needed. My grades improved over the course and I ended up with 8 distinctions in my Level 5 subjects.

Where before I avoided learning, now I wanted to learn more and took on extra subjects including Intellectual Disabilities which really stood to me after.

My work experience in a Day-care centre went very well so I could also now go in to full time work as a Carer. The Guidance Counsellor helped me in putting a good Curriculum Vitae together.

I decided to go the work route instead of Higher Education. I built up my experience and my confidence on a CE Scheme with Clarecare. Enable Ireland then offered me full time work where I am very happily working now. Another benefit of the dyslexia diagnosis was that I now had the confidence to go for my Life Saving and Coaching qualifications and I am back to being involved in swimming coaching.

Caroline Timoney

Cork Adult Guidance Service



My situation was that I was in receipt of a Lone Parents payment and parenting my four children (2 years -13 years), when DSP referred me to the Cork Adult Guidance Service in 2015. I wanted to get skills and work to improve the quality of life for my children and myself.

I had been answering job adverts; but perhaps because I had completed a Leaving Cert Applied, most jobs were only offering minimum wage or zero hour contracts. Those jobs would not even have paid for the necessary childcare while I was working.

I really felt that I might never get the chance to prove my ability or reach my potential.

The Guidance Counsellor listened, understood me and had information about locally available courses and supports that I had never heard about. She seemed to recognise ability and strengths in me that nobody mentioned before.

Availing of the service was an extremely positive experience for me.

The Guidance Counsellor helped me to apply for a 'Life Sciences' course, which was to be delivered by CETB in Carrigaline, close to where I was living. The course was a QQI Level 5, and she explained what I would be learning, while reassuring me that I would be well able for the standard of the course. This really helped my confidence.

Childcare costs would have prevented me from attending the Training Centre, but the Guidance Counsellor advised me about the CET Scheme, which helped me to access funding support for childcare while I was training. She also directed me to a childcare centre that also provided a school collection service.

The course included a substantial work placement, which strengthened my CV as I had limited previous work history. The Guidance Counsellor highlighted for me that the harbour area had many Pharmaceutical Plants where I could apply for work locally and still take care of my children.

The Guidance Service helped me with my CV as well as to prepare for interview. I loved every minute of learning. After the course, I got a job in Janssen Sciences Ireland, a pharmaceutical company that is part of the Johnson and Johnson group. I have been there for a year and a half and I am currently running my own area in the purification department. I work in Process Support.

My children's lives and mine have changed dramatically since gaining employment in Janssen. I now earn more than enough to be financially independent. I have a decent quality of life. I can plan for a holiday and afford a car, which is essential for getting to work.

I am no longer worried about where the next meal is coming from... things had been that bad! We lived from Thursday to Thursday waiting for the next social welfare payment. It had been a struggle to provide food, heating, clothes.

Had I not gotten the guidance service help my children probably would have repeated this cycle, as I would not have been able to fund college or show them the benefits of having a career.

My daughters now have opportunity.

They understand how far I have come and are reaping the benefits. They are no longer afraid to give me a note from school about a trip. They are aiming to do well in school and have careers of their own, as they now understand the benefits of education, training and work.

I have personally gained a new confidence since doing the course and getting the job. I am aiming for a promotion this year and I delight in being 100% independent. I never in a million years would have thought such possibilities were out there for some like me. I now believe I can achieve anything.

BOSE Factory

Monaghan Adult Guidance Service



Pre and Post Redundancy Support – The role of the Adult Educational Guidance Service in responding to local issues

A National Media announcement that a large electronics multinational factory in Carrickmacross, Co Monaghan was closing in 3 - 4 months' time came as a huge shock to the population of the town and surrounding areas. Staff ages ranged from 20-65 years and the majority of staff had worked there since leaving school. In most cases their children had also been able to secure employment during holiday periods. Some members of staff had worked there for 35 years or more.

Within a few days of the closure announcement the Guidance Counsellor met with factory management and over the following weeks delivered presentations to 140 staff members, liaised with Skills for Work staff and helped to organise classes both on-site and in the local learning centre.

Initially management had left a box in the canteen for people to put their name in for classes. After 2 weeks there were only 5 names in the box. However, following the guidance presentation 78 people signed up for classes.

We provided ongoing lunchtime drop-in sessions on site; offered one-to-one guidance appointments (facilitated by HR manager) and assisted with CV preparation and interview skills. The guidance service also provided support and counselling to individual staff members, some of whom had worked their way up to supervisory level but who had very little formal education. Throughout the pre-redundancy and post-redundancy period the guidance service regularly advocated on behalf of workers with Department of Social Protection.

The quick and ongoing response by the guidance service was recognised and appreciated by management and workers at the factory.

Indeed, in the week that the factory was officially closing, some clients reported that they were so busy doing assignments for their classes that the closure didn't affect them as much as they thought it would.

Many workers have since progressed to further education; BTEI and PLC and given the Guidance Counsellor visited before the CAO closing date, some staff were also able to apply and progress to higher education.

"I had no idea what I would do as my work was my life. It was a like a breath of fresh air when the guidance service came in to the factory and told us about all the options. We had all been in shock from hearing about the closure so it helped us to consider the positive side".

"I didn't have much time to think about the possibility of being on the dole as once I met the guidance counsellor I was busy with CAO application and considering the courses I could do. I had gone straight into the factory after school. I wouldn't have known how to start without the support of the guidance service. The announcement of factory closure was in January but the factory didn't close until May. Without guidance and help I wouldn't have made CAO deadlines and would have had to wait another year to get started. I'm in my final year of a business degree now!

"Both myself and my husband worked in the factory for 37 years, we were traumatised when the announcement was made, particularly as we had a daughter getting married in a few months after closure of the

factory and plans to travel to visit out other daughter in Australia. We worried about our chances of getting employment at our age, we are both 55 yrs old. The support we received from the guidance service helped us to calm down and look at our options. We both participated in Skills for Work through the ETB, I realized I had built up good employability skills so I was able to get employment in a local office. My husband had left school early so he returned to education and has since gained employment in another local factory".

Olive Waters

Sligo Adult Guidance Service



Olive had been made redundant from a local factory after working there for sixteen years. She finished working on a Friday and had an appointment made with our Adult Guidance in Education Service the following Monday.

When Olive came to see the Guidance Counsellor she was heart -broken. She felt her world had fallen apart and felt that there was no hope of her finding employment again. Her self -esteem had taken a major blow. Olive was a hard worker and loved her job in the factory. She enjoyed the work and the social aspect of it.

At her first meeting with our Service, Olive was listened to with compassion and the Guidance Counsellor identified that she was in a low place.

The Guidance Counsellor reassured her that there were a variety of options open to her, but suggested that she take a rest and enjoy the first few weeks of her break before making any decisions. Olive took this advice on board and returned to see the Guidance Counsellor three weeks later. She was in much better form and was more relaxed.

At the guidance sessions Olive spoke about her interest in her dogs and how she enjoyed taking them on long walks. She also walks her neighbours' dogs. During the conversations with the Guidance Counsellor, it developed that the two areas of interest for Olive were, Dog Grooming and Caring for the Elderly. She said owning her own Dog Grooming Company was a lifelong dream. With that in mind, Olive and the Guidance Counsellor identified a short, intense Dog Grooming Course that was taking place during the summer. Olive had concerns about going back to study so as a starting point, she participated in our three-day Summer Workshop for "Adults considering a Return to Learning". During this workshop, she was delighted to discover that she actually enjoyed studying and that she had the ability to research topics of interest for herself. She went on from the workshop to complete the Dog Grooming Course and a FETAC Level 5 in Healthcare.



Olive faced many challenges after being made redundant. She had to develop a new trust in herself, returning to education as an adult, and taking risks to try so many new experiences. However, with the help of the Guidance Counsellor, she took on these challenges head on. She realised she had the ability to study, research, and be motivated about her plans.

She discovered a whole new journey for herself, that she didn't realise was possible in the past. She had come to an awareness that with the change of her thinking anything was possible in life.

She also saw her dream being fulfilled as she opened her own professional Dog Grooming business called 'Scruffy to Fluffy' which is doing very well.



She has attended workshops run by the Local Enterprise Centre in Starting your own Business.

Olive has been very generous in sharing her experience with the Sligo Adult Guidance Service and was the guest speaker at our 3 day Summer Workshop this year. In addition to this, she spoke about her experience with a group of 200 unemployed people.

Ciaran Carroll

Bray Adult Guidance Service



Four months after my job of 18 years ended in 2014 I found myself with no future plan or direction let alone the motivation to start again. I didn't know what to do and what way to turn.

I was 40 years of age. I was desperate.

I had been for interviews for sales jobs the bulk of where I had spent my career. But the sales interviews were not resonating with me. My gut was saying you left that secure job to find a new path, a new road but in this place of feeling lost and desperate how could I find this new path? Then I remembered some years ago Bray Adult Guidance Service had assisted me in a night course application process and were extremely helpful at the time. Were they still open? Could they help me? I made that call.

It was a call and visit that changed the direction of my life.

When I called, the staff in the guidance service remembered me straight away (they have a knack for remembering names and faces!).

I told them of my situation and arranged to call in for a chat. This is when the work began. I told them of my desperate state and they both from that day on got the ball rolling on my new adventure and path ahead. My CV was examined, personality tests done, and areas of interest were identified. PLC courses had already started but with the help of Catherine and Lourdes I managed to get a place at Bray Institute of Further Education on a one-year Social Studies course. From that point on my future study path was identified. Catherine the Guidance Counsellor was thorough giving me information and guidance on the most logical path for my future studies in the area I had chosen to specialise in.

After finishing the one-year course I applied to Trinity College and was accepted on a full time four year BSS Degree in Social Studies. The process of applying to Trinity College from interviews to SUSI grant applications was supported by Lourdes, the Adult Guidance Information Officer in the centre. A fellow student in my class in Trinity college also told me of the great open, friendly experience and support he received from the centre. As I near the end of the 2nd year of my degree I know it would not have been possible without the guidance, support, knowledge and friendliness of both Catherine and Lourdes in Bray Adult Guidance Service. What they gave me most was a belief 'Ciaran you can do it'. I always remember the look on Catherine's face when I got a place in Trinity College! I think she was nearly more excited than me. That tells you everything you need to know about the work done by these two ladies and the service they provide.

They are experts in their field and time is no barrier, and their vast experience is invaluable in my opinion.

Judit Juhasz

Cork Adult Guidance Service



In 2009, I, (Judit Juhasz) arrived in Ireland and worked as a cleaner in hotels for many years. I had almost no English at first and I was lone parenting. While out of work in October 2015, the Department of Social Protection referred me to a Cork Adult Guidance Service Counsellor in Carrigaline, Co. Cork.

That meeting set off a chain of events, which has changed my life for the better.

I had left school at 15 years in Hungary to start work. To improve on quality of life for my son I knew that I needed better educational qualifications, but I had no idea how to go about achieving that.

The Guidance Counsellor recommended that I join the Adult Leaving Cert class in The Bessborough Centre in Mahon, Cork. She also helped me to access Back to Education Allowance during the course. I got a terrific result the following year thanks to the wonderful tutors in Mahon.

Encouraged and helped by my Guidance Counsellor, I applied for a Pre Nursing course in the College of Commerce.

It was then that I began to believe I could achieve my dream of becoming a nurse.

The Guidance Counsellor prepared me for the college interview. She explained about accessing the VTOS funding which covered my fees and weekly payment and assisted with childcare costs. I was accepted on the course and I achieved 8 distinctions at QQI Level 5.

In December 2016, I applied as a Mature Student through CAO to UCC for a Level 8 Nursing Degree and was thrilled to be accepted. I learned from the Guidance Counsellor how to access the SUSI funding for fees.

I have now completed my first year exams in UCC and I love it. I have recently had a wonderful placement in the Mercy University Hospital, where I learned so much and am excited about my future in nursing. The work is challenging but I look forward to a career that I could have never dreamt of without the help and support of the Adult Guidance Service in Cork ETB.

John

Leitrim Adult Guidance Service



My first interaction with the Leitrim Adult Guidance Service was in 2008, and the reason I contacted them was because the two previous years I started two different courses, and dropped out of both within a few months of starting them. I hadn't carried out much research into these two courses before I started them, so I decided that if I was going to start another course, I was going to seek the advice of a Career Guidance Counsellor to help me choose a course I would enjoy, and that would suit me best.

My main challenge in returning to education was that I needed to find out what area of study would interest me most, and suit my capabilities. As a result of my interactions with the Guidance & Information service, I narrowed down a number of areas that suited me through research and questionnaires I completed under their supervision. As a result of this research, and the expert advice I received, I was confident that a Level 7 Degree in Business, Real Estate Valuation and Management in Athlone IT was a good match

for me. I was supported in the application process as a mature student and prepared for interviews.

I felt much more confident starting college than I had done in the two previous years.

Over the following six years while I was in college I occasionally dropped into the Guidance Service for advice on different issues relating to college life, such as subject selection, work experience and the progression of my studies. I progressed to complete a Level 8 Bachelor in Business with AIT, and from there completed a Postgraduate Diploma in Law with DIT in 2014. When I finished my studies, I once again called on the help of the Guidance Service to help me draft and refine my CV. This was vital in helping me secure job interviews and eventual employment.

After a couple of years working in Property Management in Dublin, I decided to move back to Leitrim, where I opened my own transport business in 2017, which I am really enjoying.

From the first time I contacted the Guidance Service, I always got the impression that the staff were extremely professional and experts in their field.

Choosing a course of study was daunting to me, but the Guidance Service staff used their expertise to simplify the whole process, ensuring I had fully researched the area I was interested in and supporting me in any way they could.

Gordana Sremac

Louth Adult Guidance Service



I was originally born in former Yugoslavia. After the hostilities ceased in 1995 I was involved in community work focussed on healing the rifts between the communities involved in the conflict. Unfortunately it proved too difficult to resolve these issues and eventually the safety of myself and my son was threatened by members of both communities. This led to my decision to move to Ireland in 2015. I got a job in a restaurant but that eventually closed leaving me unemployed. One day I was walking by a building in Drogheda and saw a sign saying Adult Education. I found this interesting and decided to walk in. I made an appointment with the Adult Educational Guidance Counsellor.

At my appointment I received useful information in a welcoming and supportive environment.

She listened to me when I talked about my story. I had met other agencies and they were supportive administratively and in information giving as that was their job but what I got here was different.

It woke up my love for studying and I wanted to come back to education.

The Guidance Counsellor explained the education system in Ireland which was so different to home. While talking with her I found out about a Level 5 Liberal Arts course that would have subjects I enjoyed as well as preparing me for third level. I started to rely on the Guidance Counsellor to take me through that whole process. There was a lot of words and concepts that were so new to me, I needed a lot of extra support. I felt all the time encouraged and guided in my journey. After my Liberal Arts course, the Guidance Counsellor helped me choose a Community and Youth Work degree, which I wouldn't have been brave and focused enough without that support. I was successful in gaining a place and I'm now a first year student in my second semester. Of course it's important to get the piece of paper at the end of my degree but I'm also going for the process of learning about myself and young people and the community in Ireland. I like to understand what is going on and I have managed to secure part time employment also.

I think that the role of the Guidance Counsellor is quite crucial in the student's general development and making future choices.

We never know which kind of positive domino effect our support can have in the long run as my Guidance Counsellor did while guiding me to be where I am right now; being stronger and more experienced and integrated to help both Irish people and immigrants like me.

I would never have believed that third level education would have been a possibility for me but thanks to Louth Adult Guidance Service I have achieved this.

Noeleen Nealon

Bray Adult Guidance Service



I have been a grateful recipient of the services offered by the Adult Guidance Services in Bray since 2005. I became aware of the supports provided through some of my work and engagement within the community sphere and through word of mouth. Many of my acquaintances secured both educational and employment opportunities aided by the service. I initially began a course in Graphic Design in BIFE in that year, although I was not particularly suited to this course and began Social Studies on my next venture there in 2010. This proved a better choice for me. I completed that year and was awarded Student of the Year.

I availed of some excellent support, guidance and information from the Guidance Counsellor

in KWETB. As a result of initial one to one consultations, I chose to study Social Care (Honours degree level) in IT Tallaght. The Guidance Counsellor guided me through the CAO process and together we navigated the entry procedure. There were issues with the maintenance grant which proved difficult to overcome at the time. The Adult Guidance Information Officer was a wonderful support and did her utmost in helping me in regards to allowances. I graduated from IT Tallaght in 2016 with first class honours. The additional four years spent in education provided me with the remit to work as a professional Social Care Worker rather than becoming a Care Assistant.

I found employment working as a Social Care Worker in 2015 in a service for people with Autism and Mental Health Disorders. The work is challenging, rewarding and fulfilling!

The journey through education and training has also prepared me for how tough the job can become. Education translating into real life employment career paths was also part of the guidance and advice offered by the Adult Guidance Service. The individual attention has been instrumental in informing my choices this far.

I am currently studying for a Masters degree in Mental Health in Trinity College Dublin after having completed a Higher Diploma in Mental Health last year. It is my hope to continue on from there with a PhD in Counselling/ Psychology in Trinity College Dublin but for the moment I am concentrating on each semester. I hope the Guidance Service will be still in existence then with their emphasis on advocacy, support and information. The Adult Guidance Service in Bray has been a tremendous help on my journey throughout further education and training this far.

Brian Baneham

Fingal Adult Guidance Service



Although I thoroughly enjoyed E-Business, I was half-hearted about progressing to another level.

While working on my CV with the Guidance Counsellor she spotted my sports writing activities and recommended I try a Media course at Coláiste Dhúlaigh in Coolock.

After attending an open day and following an interview at the college, I enrolled on the course which turned out to be the best decision I ever made.

Having completed a Higher National Diploma in Film Production, I went on to complete a BA in Film and Television Production in my third year.

Luckily, my graduation film entitled 'Greta' – a ten minute documentary profiling Lithuanian born Swords paralympian Greta Streimikyte – has been selected for screenings at four major film festivals so far, including the Galway Film Fleadh which was a first for the college. It was a great honour for myself and one I scarcely would have envisaged before making that call to Fingal Adult Education Guidance Service a few years ago.

I will always be indebted to Adult Guidance Counsellor and the rest of the staff at Fingal Adult Education Service whose professionalism and insight has opened doors to a world of opportunities that I didn't know existed for people of maturing years. A truly enriching experience, returning to education has now provided me with the skills and confidence to pursue a career in the creative industries.

When I made an enquiry to Fingal Adult Education Service about doing a computer course nearly four years ago it would lead me to a path to obtaining a BA Honours Degree in Media Production which also led to my graduation film being screened at the prestigious Galway Film Fleadh in July 2017.

The expertise and commitment of the Guidance Counsellor who took my call paved the way for my adult education journey towards a degree.

Initially I completed QQI Level 5 in E-Business full award with the brilliant staff at Mill Street, Balbriggan. As completion of the course was drawing nearer, I was meeting with the Guidance Counsellor regularly to discuss applying for further computer courses.

"I thought to myself :
Look I am around 40 now and if I don't do
it now I never will. I am always making things at
home in the workshop for my daughter and she
remembers this. She tells people Dad built that.
What better way can I have her remembering
me later than she saying 'Dad went back to
College and got his Degree.
I am so proud of him"

Tom.
Clare Adult
Guidance
Service

"I found being out of the
workforce was difficult as I felt I had less
focus and motivation. For anyone that is
unemployed or looking at getting back to
work or change direction I would recommend
going to speak with someone at your local
ETB as there is a wide range of courses and
friendly, helpful staff to help set you
on the right path"

Vicky.
Mayo Adult
Guidance
Service

Considering Education, Training or Changing Career?

**Need guidance, information and
support to reach your goal?**

Discuss your options with a member of our guidance team:

- Guidance & Information on education, training & career options
- Explore your strengths & skills and address gaps
- Identify your goals and make informed decisions
- Take practical steps towards realising your potential
- Support with CV preparation, interview skills & college applications



THE SERVICE IS: FREE | FRIENDLY | PROFESSIONAL

Contact details of services

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021 4907149
086 0479092
oonagh.maher@corketb.ie

Cork Adult Guidance Service,
Mannix College, Newline
Charleville, Co. Cork
021 6381422
claire.nagle@corketb.ie

North Cork Adult Guidance Service
The Q Centre
IDA Business and Technology Park
Lower Quaterstown
Mallow, Co. Cork
086 8337591
joan.mcsweeney@corketb.ie

Cork Adult Guidance Service
Cork Training Centre
Rossa Avenue
Bishopstown, Cork
andrea.mccarthy@corketb.ie
john.murphy@corketb.ie

CITY OF DUBLIN EDUCATION AND TRAINING BOARD

Ballymun Adult Educational Guidance Service
Ballmun Road, Ballymun, Dublin 11
(01) 862 3828 / (01) 862 3835
michelle.morrissey@aes.cdetsb.ie

Finglas Adult Educational Guidance Service
St. Josephs Adult Education Centre
Barry Road, Finglas West, Dublin
(01) 8443243
karengaville@aes.cdetsb.ie

Adult Education Guidance Service
(Dublin 1 to 8)
10 Parnell Square East
Transition Centre
Dublin 1
(01) 878 7495
barry.ryan@aes.cdetsb.ie

Crumlin Adult Educational Guidance Service
Crumlin College of Further Education
Crumlin Road
Dublin 12
(01) 6239716
maura.conway@aes.cdetsb.ie

DONEGAL EDUCATION AND TRAINING BOARD

Donegal ETB Adult Guidance
and Information Service
2nd Floor, McKendrick Place
Pearse Rd, Letterkenny
Co Donegal
074 9178088
adultguidance@donegaletb.ie

DUBLIN AND DUN LAOGHAIRE EDUCATION AND TRAINING BOARD

Dun Laoghaire Adult Education Guidance Service
(Dublin South East)
Training Centre Loughlinstown
Wyattville Road, Loughlinstown
Co Dublin
(01) 204 3603
eoinquinn@ddletb.ie
(01) 204 3676
carolannduggan@ddletb.ie

Dundrum Adult Education Guidance Service
(Dublin South East)
Centre for Adult and Further Education
Sydenham Rd
Dundrum, Dublin 14
(01) 298 9283
dundrum@dublinadultlearning.ie

Tallaght Adult Education Guidance Service
(Dublin South West)
The Enterprise Centre
Main Road, Tallaght
Dublin 24
(01) 451 5733
terrylacey@ddletbaes.ie

Adult Educational Guidance Service
(Dublin South West)
Clondalkin Adult Education Centre
Monastery Rd, Clondalkin, Dublin 22
(01) 467 0043
patrickstewart@ddletbaes.ie

Adult Educational Guidance Service
(Dublin South West)
Lucan Education Centre
Esker Hill, Lucan
Co Dublin
(01) 610 0812
elainegahan@ddletbaes.ie

Blanchardstown Adult Education
Guidance Service
Blanchardstown Adult Education Centre
Main Street
Blanchardstown
Dublin 15
(01) 820 0952
eoinmccabe@ddletbaes.ie

Fingal Adult Education Guidance Service
Fingal Adult Education Service
7 The Plaza, Forster Way, Swords
Co. Dublin
(01) 840 8946
majellacallaghan@ddletbaes.ie

GALWAY AND ROSCOMMON EDUCATION AND TRAINING BOARD

GALWAY CITY

Galway City Adult Guidance & Information Service
GRETB Training Centre
Mervue, Galway
087 0552292
miriam.walsh@gretb.ie

COUNTY GALWAY

St. Brendans Education and Training Centre
Abbey St, Loughrea, Co. Galway
091 847798 / 087 2818506
timothycrowley@gretb.ie

ROSCOMMON

GRETB HQ
Lanesboro Street
Roscommon Town
087 3515034
Nuala.kilgannon@gretb.ie

KERRY EDUCATION AND TRAINING BOARD

Kerry Adult Guidance and Information Service
Kerry Education and Training Board
Centre Point, John Joe Sheehy Rd
Tralee, Co Kerry
066 712 1300
guidance@kerryetb.ie

KILDARE AND WICKLOW EDUCATION AND TRAINING BOARD

KILDARE

Kildare Adult Guidance and Information Service
Further Education and Training Centre Newbridge
Aras Slainte, Station Rd
Newbridge, Co Kildare
045 448512
guidancenewbridge@kwetb.ie
guidancemaynooth@kwetb.ie
guidanceleixlip@kwetb.ie
guidanceathy@kwetb.ie

WICKLOW

Bray Adult Guidance Service
Further Education and Training Centre
1 Brennan's Parade, Bray
Co. Wicklow
(01) 276 4638
guidancebray@kwetb.ie

Arklow Adult Guidance Service
Wicklow Further Education and Training Centre
The Murrough, Wicklow Town
Co Wicklow
0404 64052
guidancewicklowtown@kwetb.ie

West Wicklow Adult Guidance Service
West Wicklow Further Education Centre
Blessington, Co Wicklow
045 851496
guidancewestwicklow@kwetb.ie

KILKENNY AND CARLOW EDUCATION AND TRAINING BOARD

KILKENNY

KCETB Kilkenny Adult Guidance Service
Lower New Street
Kilkenny
056 7764448
adultguidance@kkadulthood.ie

CARLOW

KCETB Carlow Adult Educational Guidance and Information Service
1 A Meadow Court
Burrin Street, Carlow
059 9133123
info@carlowadultguidance.ie

LAOIS AND OFFALY EDUCATION AND TRAINING BOARD

LAOIS

Laois Adult Educational Guidance & Information Service
Portlaoise FET centre
Tower Hill, Portlaoise
(057) 8672963
guidanceinfo@loetb.ie

OFFALY

Offaly Adult Educational Guidance and Information Service
Tullamore FET Centre
Castle Buildings
Tara Street
Tullamore
(057) 9349400
guidanceinfo@loetb.ie

LIMERICK CLARE EDUCATION & TRAINING BOARD

LIMERICK CITY

Adult Education Information and Guidance Service
Limerick and Clare ETB
FET Centre O'Connell Avenue Campus
O'Connell Avenue, Limerick
061 445 700
coursechoices@lcteb.ie

CO LIMERICK

Co Limerick Adult Guidance Service
Limerick and Clare ETB
FET Campus Abbeyfeale
Abbeyfeale, Co Limerick
086 0242813
coursechoices@lcteb.ie

CLARE

Adult Education Information and Guidance Service
Limerick and Clare ETB
LCETB Further Education and Training Centre
Clonroad Business Park
Ennis, Co Clare
065 6824819
learninginfoclare@lcteb.ie

LONGFORD AND WESTMEATH EDUCATION AND TRAINING BOARD

ATHLONE

LWETB FET GUIDANCE SERVICE
Athlone Training Centre
Garrycastle
Athlone
(086) 3867847
preilly@lwtb.ie

LONGFORD

LWETB FET GUIDANCE SERVICE
Battery Road
Longford
(043) 3327319
Jdoherty@lwtb.ie
0872669988
Fiona.murphy@lwtb.ie

MULLINGAR

LWETB FET GUIDANCE SERVICE

Further Education Centre
Marlinstown Business Park
Mullingar
(086) 3867954
ccornally@lwtb.ie
087 1255541
lglenon@lwtb.ie

LOUTH AND MEATH EDUCATION AND TRAINING BOARD

LOUTH

Louth Adult Educational Guidance and Information Service
Centre for Continuing Education
King St, Drogheda
Co Louth
041 984 2030
laegis@lmetb.ie

Adult Education Centre
Chapel St, Dundalk
Co Louth
042 9364643
laegis@lmetb.ie

MEATH

Meath Adult Education Guidance & Information Service
Further Education and Training LMETB
Abbey Road, Navan
Co. Meath
1800 991898
maegs@lmetb.ie

MAYO SLIGO AND LEITRIM EDUCATION AND TRAINING BOARD

MAYO

Mayo Adult Educational Guidance Service
Mayo Sligo Leitrim Education and Training Board
Further Education and Training Centre
Lucan St, Castlebar, Co Mayo
094 9035814
barbararonayne@msletb.ie

SLIGO

Sligo Adult Guidance in Education (SAGE)
Mayo Sligo Leitrim Education and Training Board
Quay St, Sligo, Co Sligo
071 9138411
saoirsekenedy@msletb.ie

LEITRIM

Leitrim Adult Educational Guidance Service
Mayo Sligo Leitrim Education and Training Board
Further Education and Training Centre
Market Yard, Carrick on Shannon
Co Leitrim
071 962 1371 / 086 774 3329
janenolan@msletb.ie

TIPPERARY EDUCATION AND TRAINING BOARD

NORTH TIPPERARY

Tipperary ETB
Teach an Leinn
Kenyon St
Nenagh
Co Tipperary
067 32282
adultguidance@tipperaryetb.ie

SOUTH TIPPERARY

Tipperary ETB
The Mall
Clonmel
Co Tipperary
052 6134105
adultguidance@tipperaryetb.ie

WATERFORD AND WEXFORD EDUCATION AND TRAINING BOARD

WATERFORD CITY

Waterford Adult Educational Guidance Service
WIT College Street Campus
Waterford
051 302287
antoniasplini@wwetb.ie

CO WATERFORD

County Waterford Adult Educational Guidance Service
WWETB Adult Education Centre
Wolfe Tone Rd
Dungarvan
Co Waterford
058 48228
antoniasplini@wwetb.ie

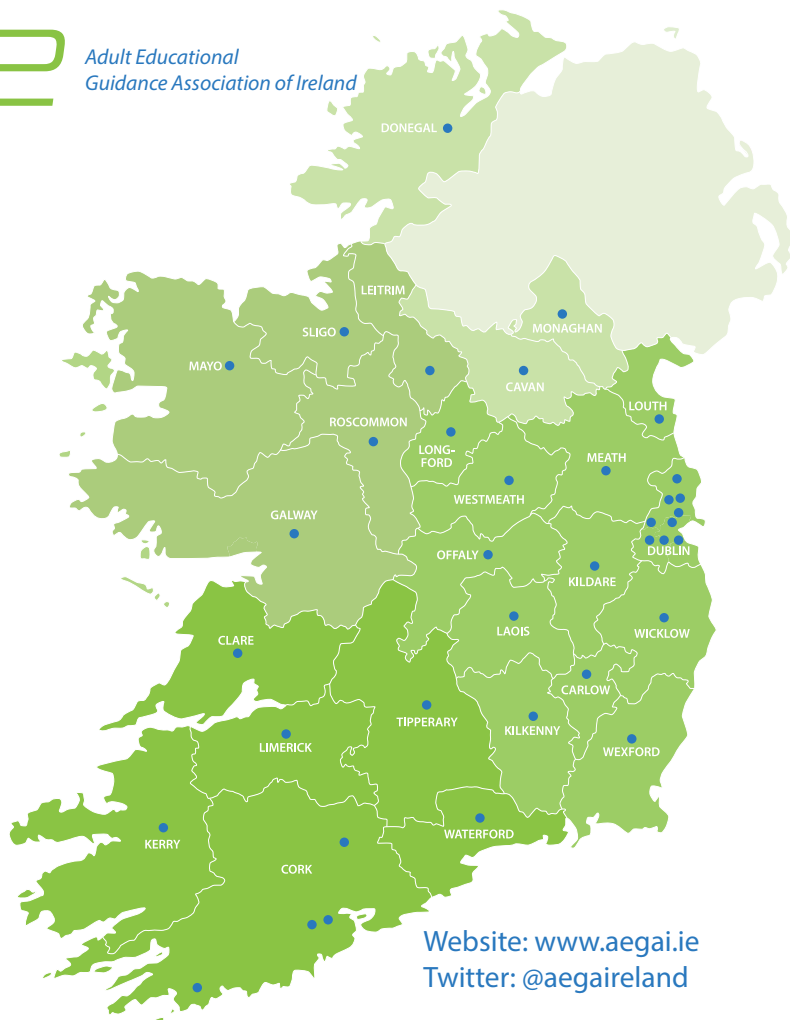
CO WEXFORD

Wexford Adult Educational Guidance Service
WWETB
Ardcavan Business Park
Ardcavan
Wexford
053 9152067
adultguidance@wwetb.ie





Adult Educational
Guidance Association of Ireland



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