





Cyber Program October 2022			
Week 1	Trainer	Topic	Time
3rd October	Introduction Session	itag	10:00 - 11:00
4th October	Inspiring Ways	Network+	9:00 - 5:30
5th October	Dymphna Ormond	Time Management	10:00 - 15:30
6th October	Inspiring Ways	Network+	9:00 - 5:30
7th October	Inspiring Ways	Network+	9:00 - 5:30
Week 2	Trainer	Topic	Time
10th October	Study Day		
11th October	Inspiring Ways	Network+	9:00 - 5:30
12th October	Study Day		
13th October	Inspiring Ways	Network+	9:00 - 5:30
14th October	Inspiring Ways	Network+	9:00 - 5:30
Week 3	Trainer	Topic	Time
17th October	Review Tech Talks Recordings		9:30 - 5:30
18th October	Study Day		9:30 - 5:30
19th October	Eileen Ireland	GDPR	
20th October	Project Preparation		9:30 - 5:30
21st October	Dymphna Ormond	Communication Skills	10:00 - 15:30
Week 4	Trainer	Topic	Time
24th October	Study Day		
25th October	Inspiring Ways	CYSA	9:30 - 5:30
26th October	Study Day		
27th October	Inspiring Ways	CYSA	9:30 - 5:30
28th October	Inspiring Ways	CYSA	9:30 - 5:30
Week 5	Trainer		Time
31st October	Bank Holiday		
1st Nov	Project Preparation		
2nd Nov	Eileen Ireland	GDPR	
3rd Nov	Study Day		
4th Nov	Review Recordings		
Week 6	Trainer		Time
7th Nov	Dymphna Ormond	Team Work	10:00 - 15:30
8th Nov	Inspiring Ways	CYSA	09:00 - 5:30
9th Nov	Study Day	CYSA	09:00 - 5:30
10th Nov	Inspiring Ways	CYSA	
11th Nov	Inspiring Ways	CYSA	09:30 - 16:30
Week 7	Trainer		Time
14th Nov	Dymphna Ormond	Presentation Skills	10: - 15:30
15th Nov	Study Day		
16th Nov	Clare Commins	Excel Training	
17th Nov	Study Day		
18th Nov	Panel Discussion Member Companies		







Week 8	Trainer	Time
21st Nov	Project Work	
22nd Nov	Study Day	
23rd Nov	Preparation for Project Presentation	
24th Nov	Study Day	
25th Nov	Project Presentation	