

ID F  GRA 243741

## Ginear  lta

### TOWER PROGRAMME NORTH CLONDALKIN PROBATION PROJECT

ST MARKS LANE NEILSTOWN ROAD CLONDALKIN D22H9Y9

<https://www.towerprogramme.ie>

#### PR  OMHSHONRA  

St��idas:	Gn��mhach
Leibh��al:	Leibh��il Eile Oideachais
D��lta Post��ilte:	Luan L��n 25 2025
Spriocdh��lta le haghaidh larratas:	Aoine MF��mh 12 2025
D��lta Tosaithe:	Luan DF��mh 13 2025
St��idas an Phoist:	P��irtaimseartha
L��on na bhFol��ntas:	1

#### SONRA  AN PHOIST

##### Teideal:

Health and Fitness Tutor

##### Cur s  os:

The Tower Programme is a transformative, community-based initiative that supports adults who have been subject to the criminal justice system. We provide life skills, education, and personal development opportunities designed to reduce reoffending and help participants build a more positive, sustainable future.

Core-funded by the Probation Service, we work in close partnership with DDLETB, local community groups, and a range of statutory agencies. Our approach is holistic and person-centred  tailored to meet the diverse needs of every individual who engages with us.

Within the Tower Programme we have a flexible but structured approach to learning and to change. You can be here five days a week, completing a range of courses or we can tailor our offering to meet personal situations and needs.

Courses provided include the Tower Programme which runs Monday to Thursday 10.00     4.00 and Friday 10.00     12.30, this offers participants the opportunity to gain experience and qualifications needed to access a full apprenticeship, employment or further education.

The Tower Programme works in association with The Probation Service, local community groups and relevant statutory agencies to provide skills, pre-employment training and counselling to marginalised adults who have come into conflict with the law, with the aim of reducing offending behaviour by accentuating personal development.

Courses Available at the Tower Programme can be delivered in a group or individual setting.

##### Candidate Profile

The Tower Programme is seeking a Health & Fitness Tutor with a strong background in the industry and experience delivering practical, engaging instruction to adult learners. The ideal candidate will be confident in facilitating group sessions, promoting wellbeing, and adapting content to meet diverse needs. Experience working with marginalized groups and a trauma-informed, supportive teaching approach are essential.

The ideal candidate will have the following:

##### Education & Qualifications

##### Essential:

    Level 6 or higher qualification in Health and Fitness, Exercise Science, or a related field.

    Relevant industry certifications (e.g., fitness instruction, personal training, first aid).

##### Desirable:

    Teaching qualification (e.g., FETAC/QQI Level 6 or equivalent).

    Postgraduate qualifications in Education or Health Promotion.

    Familiarity with online learning platforms and digital teaching tools.

## Experience

- Minimum 3 years' experience in the health and fitness industry, including delivering individual or group instruction.
- Experience teaching or mentoring adult learners in educational or community-based settings.
- Practical expertise in physical training, wellbeing promotion, and lifestyle support.
- Experience in curriculum delivery, managing assessments, and leading interactive workshops.
- Understanding of QQI assessment requirements and course planning.

## Skills:

- Health & Fitness Expertise: Strong knowledge of anatomy, exercise programming, nutrition, and wellbeing practices.
- Effective Pedagogy: Skilled in engaging adult learners, delivering practical sessions, and supporting varied learning needs.
- Communication: Clear and encouraging communicator with the ability to create an inclusive and supportive learning environment.
- Curriculum Delivery: Capable of planning and adapting content to suit diverse learning styles and group dynamics.
- Organizational Skills: Able to manage lesson planning, learner records, and deadlines effectively.

## Additional requirements:

- Experience with Marginalized Groups: Prior experience working with individuals from disadvantaged or criminal justice backgrounds, with an understanding of the unique challenges they face in education and reintegration.
- Empathy & Sensitivity: Ability to create a safe, non-judgmental learning environment, demonstrating empathy for learners past trauma, emotional needs, and barriers to success.
- Trauma-Informed Teaching: Knowledge of trauma-informed practices and the ability to adapt teaching methods to support learners with complex emotional needs and learning difficulties.
- Collaboration with Support Agencies: Ability to work closely with external organizations (e.g., probation services, social workers) to ensure holistic support for learners' education and rehabilitation.
- Focus on Employability: Ability to integrate practical communication skills for the workplace, including conflict resolution, CV writing, and interview techniques, alongside core communication theory.
- Patience & Persistence: Strong commitment to supporting learners through setbacks, with the understanding that change and progress are gradual.
- Garda Vetting: A garda vetting application will be required.

## Terms and Conditions

The candidate must be registered with the teaching council in Ireland.  
Salary Scale: Based on qualifications and experience.  
Contractual basis: Part time fixed contract.  
Annual leave entitlement: Monetary value based on hours worked.

## Application Process

All applications must be submitted by way of curriculum vitae (CV) and a cover letter outlining suitability for the post as advertised. Please ensure to address the applications to the service manager at [info@towerprogramme.ie](mailto:info@towerprogramme.ie) noting which tutor position you are applying for. The closing date for this application is September 12th, 2025. All applications can be sent to The Tower Programme, St Marks Lane, Neilstown Road, Clondalkin, Dublin 22, Ireland or via email to [info@towerprogramme.ie](mailto:info@towerprogramme.ie). Applications will be shortlisted and interviews held on the last week of September. start date to be confirmed. The Tower Programme is an equal opportunities employer. If anyone would like to discuss the post further, please contact Sarah at 0896083968.

## RIACHTANAIS IARRATAIS

- Litir Iarratais
- Ráiteoir (ainm, ról, uimhir theagmhíla.)
- Cáip de Theastais, Dioplóma, Cáimeanna
- CV (Digiteach)

Is fíidir iarratais a chur isteach tríd

- RÃomhphost
- Litir

#### CUIR IARRATAS ISTEACH AR AN bhFOLÃ?NTAS SEO

**Cuir Iarratas Chuig:** TOWER PROGRAMME  
ST MARKS LANE  
NEILSTOWN ROAD  
CLONDALKIN  
D22H9Y9

**Contae:** Baile Ã?tha Cliath

**Ceantar Poist:** Dublin 22

**Ceisteanna Chuig:** [info@towerprogramme.ie](mailto:info@towerprogramme.ie)

**SuÃomh GrÃasÃjin:** <https://www.towerprogramme.ie>

Is ag IPPN atÃj an cÃ³ipcheart i dtaca leis an fhaisnÃ©is san fhÃ³gra seo agus dÃ©anann IPPN Ã a cheadÃºnÃº le haghaidh ÃºsÃjide ag cuardaitheoirÃ post amhÃjin. NÃ fÃ©idir an fhaisnÃ©is atÃj ann a ÃoslÃ³dÃjil, a chÃ³ipeÃjil nÃj a ÃºsÃjid chun crÃocha ar bith eile, lena n-ÃjirÃtear a macasamhlÃº ar shuÃomhanna grÃasÃjin earcaÃochta agus fÃ³graÃochta eile, gan cead sainrÃjite i scrÃbhinn a fhÃjil roimh rÃ© Ã³ IPPN.