



GOSHH TRAINING CATALOGUE

LGBTI+ & Sexual Health Programmes

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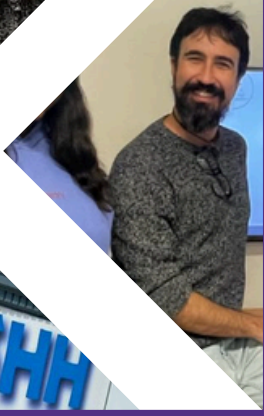




Table of Contents

GOSHH: ABOUT US	01
TRAINING OVERVIEW	02
INTRODUCTORY TALK WITH GOSHH (FREE)	03
LGBTI+ WORKSHOPS	04
SEXUAL HEALTH WORKSHOPS	09
OUR APPROACH	16
MEET THE TRAINERS	17
TRAINING BOOKING & PRICING	18
TESTIMONIALS	19

About Us



Who We Are

GOSHH Ireland CLG (Gender, Orientation, Sexual Health, HIV) is a voluntary, non-profit organisation providing support, care, and prevention services in relation to LGBTI+ wellbeing, HIV, STIs, & sexual health in the Mid-West of Ireland.

We are committed to promoting equality, dignity, and respect, and to supporting the wellbeing of individuals and communities through inclusive, accessible, and affirming services.



Vision

To create an environment where the mental, emotional, physical, and social wellbeing of everyone is promoted, and where sexual rights are respected, protected, and fulfilled.



Mission

We provide a safe, confidential, and welcoming environment for everyone we work with. We focus on the promotion of equality and wellbeing of all with a positive and respectful approach to sexual orientation & gender identity..



TRAINING OVERVIEW



Training & Education

GOSHH delivers inclusive, evidence-based training designed to improve understanding of LGBTI+ identities, sexual health, HIV awareness, and inclusive practice across workplaces, education settings, and community organisations.

Our training programmes are practical, accessible, and tailored to the needs of each group we work with. We focus on building confidence, reducing stigma, and supporting participants to create safer, more inclusive environments.



LGBTI+

- LGBTI+ 101: Awareness, Inclusion & Allyship
- LGBTI+ Trauma Informed Practice: Professionals Training
- Creating LGBTI+ Inclusive Spaces in Schools
- LGBTI+ Inclusion in the Workplace



SEXUAL HEALTH

- Healthy Relationships, Boundaries & consent
- Sexual Wellbeing for People with Intellectual Disabilities (ID)
- Adult/Youth Sexual Health Education
- LGBTI+ Sexual Health

Explore our training programmes in the following pages



Duration: 45 Mins

Delivered
in-person or online

INTRODUCTORY TALK WITH GOSHH

OVERVIEW:

This introductory session provides a clear overview of GOSHH, the services we offer, and the work we do to support LGBTI+ wellbeing and peoples sexual health in the Mid-West of Ireland. It is designed to raise awareness, increase understanding, and help individuals and organisations connect with the supports and services that are available to them.

This session is offered **free of charge** and can be online or in-person.

WHO IT'S FOR:

- Schools and universities
- Community organisations
- Workplaces and teams

(Anyone interested in learning more about GOSHH)

WHY BOOK THIS SESSION?

- **Increase** awareness of local supports
- **Signpost** people to appropriate services
- **Build** connections with GOSHH
- **Explore** future project collaboration or training opportunities

TOPICS COVERED:

- GOSHH: Who we are & what we do
- Overview of our services
- GOSHH clubs and social groups
- GOSHH's history
- LGBTI+ & sexual health resources
- How to access our services & supports
- Opportunities for further training
- Q&A



- Rapid STI Testing
- Free Counselling & Personal Support
- LGBTI+ Social & Youth Groups
- LGBTI+ Library
- Free Condoms & Period Products
- Education, Training & Workshops
- Community Development & Outreach

LGBTI+ WORKSHOPS

“

This was an amazing workshop which taught me as much about myself and my own preconceptions of gender and identity as it did about queer identity, and the many challenges still faced by individuals in today's Ireland. It was a privilege to attend and be educated by GOSHH. I look forward to future sessions, and hope to be an effective ally for people.

”

- Dr Deborah Tobin
MIC Lecturer and Academic Support Tutor

Duration: 1.5 Hours

Delivered
in-person or online

LGBTI+ 101:

AWARENESS, INCLUSION & ALLYSHIP

OVERVIEW:

This introductory workshop provides a clear and accessible overview of LGBTI+ identities, exploring key concepts such as gender identity, sexual orientation, and how these shape people's lived experiences. It is designed as a general awareness session, suitable for anyone looking to build a better understanding of the LGBTI+ community.

The session introduces a range of identities, explains the importance of inclusive language and pronouns, and explores what "coming out" can mean for individuals. It also offers practical ways to be a supportive ally and contribute to more inclusive everyday spaces.

WHO IT'S FOR:

- Students & young people
 - Parents & families
 - Community groups
- (No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** LGBTI+ identities
- **Use** inclusive language and pronouns
- **Recognise** impact of discrimination
- **Identify** simple ways to be an ally

TOPICS COVERED:

- GOSHH: Who We Are
- Pronouns
- Unconscious bias
- Coming out
- Gender & Orientation
- How to be an ally
- LGBTI+ identities
- Q & A

Duration: 2.5 - 3 Hours

Delivered
in-person or online

LGBTI+ TRAUMA INFORMED PRACTICE

PROFESSIONALS TRAINING

OVERVIEW:

This workshop is designed for professionals working in supportive roles with LGBTI+ service users. It provides a trauma-informed understanding of LGBTI+ people's lived experiences, with a focus on the impact of social, systemic, and historical factors on wellbeing.

The training explores how marginalisation shapes experiences of trauma and resilience, and introduces key concepts such as minority stress theory to deepen understanding of these experiences. It also examines how practitioners can be affirming, supportive, and empowering in their work.

WHO IT'S FOR:

- Health & social care staff
- Youth & community workers
- Support services

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Apply** LGBTI+ trauma informed approaches
- **Understand** marginalisation as a traumatic experience
- **Create** affirming & inclusive environments

TOPICS COVERED:

- Understanding LGBTI+ trauma
- Impact of unconscious bias
- LGBTI+ terms and identities
- Trans & Non-Binary
- Pronouns & Inclusive Language
- Creating safe spaces
- Coming Out & Allyship
- Q & A

Duration: 1.5 - 2 Hours

Delivered
in-person or online

CREATING LGBTI+ INCLUSIVE SPACES IN SCHOOLS

OVERVIEW:

This workshop supports teachers and school staff (**schools or universities**) to create safer, more inclusive school environments for LGBTI+ students & staff. It introduces key concepts of gender identity and sexual orientation while focusing on the lived experiences of LGBTI+ people in educational settings. The session explores the role schools play in shaping belonging and wellbeing, and provides practical strategies for inclusive language, responding to questions or disclosures, addressing bullying, and supporting students & staff who may be questioning or coming out.

WHO IT'S FOR:

- School teachers & staff
- Guidance counsellors & pastoral care teams

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** LGBTI+ in a school context
- **Use** inclusive language in the classroom
- **Answer** student questions & disclosures
- **Support** inclusive school environments

TOPICS COVERED:

- LGBTI+ school experiences
- Unconscious bias
- LGBTI+ terms and identities
- Challenging bullying & exclusion
- Pronouns & inclusive language
- Supporting someone who is coming out
- Creating an inclusive school environment
- Q&A

Duration: 1.5 Hours

Delivered
in-person or online

LGBTI+ INCLUSION IN THE WORKPLACE

OVERVIEW:

This workshop supports organisations to build more inclusive, respectful, and supportive workplaces for LGBTI+ staff and service users. It provides a clear introduction to LGBTI+ identities and experiences, while focusing on the realities of workplace culture, communication, and inclusion.

Participants will explore the impact of inclusion on wellbeing, engagement, and organisational culture, and gain practical tools to support inclusive everyday interactions. The session also highlights the role of staff at all levels in creating a space where people feel safe, respected, and able to be themselves at work.

WHO IT'S FOR:

- Corporate staff and teams
- Managers and team leads
- HR and people/culture roles

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** LGBTI+ identities and experiences in the workplace
- **Recognise** barriers to inclusion at work
- **Support** safe workplace environments

TOPICS COVERED:

- LGBTI+ experiences in the workplace
- LGBTI+ terms and identities
- Unconscious Bias
- Inclusive workplace culture
- Pronouns & Inclusive Language
- Challenging discrimination
- Coming out & Allyship at work
- Q & A

SEXUAL HEALTH WORKSHOPS

“

I never got any sexual health education in school. Anything I was told was very much shrouded in taboo and shame. GOSHH's sexual health training has taught me so much about safe sex, what I want in my relationships, my boundaries, and so much more. I feel so empowered with more knowledge regarding my sexual health and would recommend the workshop to everyone!

”

- Anonymous

Attendee of Adult Sexual Health Workshop

Duration: 2 Hours

Delivered
in-person or online

ADULT SEXUAL HEALTH

Inclusivity

Self - Care

OVERVIEW:

This interactive training provides in depth and up to date information on STIs and HIV. This includes transmission, testing, prevention, and treatment. Participants will explore how HIV develops in the body, the differences between HIV and AIDS, and key prevention strategies such as safer sex practices, PrEP, PEP, and Treatment as Prevention (TasP), including U=U (Undetectable = Untransmittable).

The session also addresses common myths and stigma, supporting participants to build accurate knowledge, increase confidence in discussing sexual health, and promote informed and inclusive approaches to wellbeing.

WHO IT'S FOR:

- Adults in the community
- Workplace settings
- Universities/Colleges

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** STIs and HIV transmission
- **Recognise** prevention & testing options
- **Challenge** myths and stigma
- **Make** informed sexual health decisions

TOPICS COVERED:

- Sexually transmitted infections
- STI testing and prevention
- HIV awareness
- PrEP, PEP and U=U
- Safe sex practices
- Accessing supports and services
- Q&A and discussion

Consent Respect
Communication Trust
Mutual Pleasure Healthy Relationships
Boundaries Education
Empowerment & Wellbeing
Sexually Transmitted Infections (STI's)
Chlamydia Gonnorrhoea
HPV Herpes HIV
Hepatitis Syphilis

Sexual Health

Testing Prevention
Regular Check Ups
Treatment Support
Contraception
Condoms Dental Dams
Birth Control Implant
IUD Pills Patch

Reproductive Health

Pregnancy Information
Menstrual Health Safe Sex
Love & Care

Your Health Matters

Duration: 2 Hours

Delivered
in-person or online

YOUTH SEXUAL HEALTH

Inclusivity

Self - Care

OVERVIEW:

This training is designed to support the personal and social development of young people under 18. We provide a structured environment to explore consent and healthy vs unhealthy relationships. The training covers the biological and practical aspects of sexual health, including age-appropriate information on STI prevention and the various forms of contraception available in Ireland. We discuss the law around sex and the importance of digital safety (including the impact of pornography and internet literacy). We also signpost to youth-specific support services, ensuring every participant knows how to access help and report concerns safely.

WHO IT'S FOR:

- Young people (under 18)
- Schools and youthreach
- Youth groups

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** relationships, consent, and boundaries
- **Recognise** safe and unsafe situations
- **Identify** safer sex practices

TOPICS COVERED:

- Healthy/unhealthy relationships
- Consent & communication
- Irish law and age of consent
- Digital safety and online content
- STIs and contraception
- Q&A and discussion

Consent Respect
Communication Trust
Mutual Pleasure Healthy Relationships
Boundaries Education
Empowerment & Wellbeing
Sexually Transmitted Infections (STI's)
Chlamydia Gonnorrhea
HPV Herpes HIV
Hepatitis Syphilis

Sexual Health

Testing Prevention
Regular Check Ups
Treatment Support
Contraception
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Birth Control Implant
IUD Pills Patch

Reproductive Health

Pregnancy Information
Menstrual Health Safe Sex
Love & Care

Your Health Matters

Duration: 1 - 2 Hours

Delivered
in-person or online

HEALTHY RELATIONSHIPS, BOUNDARIES & CONSENT

Inclusivity

Self - Care

OVERVIEW:

This training equips participants with the knowledge and confidence to navigate relationships, consent, and sexual health. It explores 'red and green flags' in romantic and platonic relationships, helping participants recognise healthy boundaries and communication.

Participants will learn how consent can be clearly expressed, develop strategies for managing rejection, and gain an understanding of Irish sexual health law. The training also highlights access to support services, including reporting sexual abuse, promoting safety and informed decision-making.

WHO IT'S FOR:

- Young people and adults
- Community groups/services
- People with additional needs

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Recognise** healthy relationships
- **Explore** consent in different situations
- **Understand** consent & sexual health law
- **Access** support and reporting services

TOPICS COVERED:

- Healthy/unhealthy relationships
- Identifying and setting boundaries
- Consent, Irish law and sexual rights
- Healthy ways to manage rejection
- Accessing support services
- Q&A and discussion

Consent Respect
Communication Trust
Mutual Pleasure Healthy Relationships
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Sexual Health

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IUD Pills Patch

Reproductive Health

Pregnancy Information
Menstrual Health Safe Sex
Love & Care

Your Health Matters

Duration: 2 Hours

Delivered
in-person or online

LGBTI+ SEXUAL HEALTH

Inclusivity

Self - Care

OVERVIEW:

This training provides a practical, inclusive overview of sexual health within LGBTI+ communities, reflecting the real experiences of LGB+, trans, and non-binary people. It covers STIs, HIV prevention (including PrEP, PEP and U=U), consent, relationships, and navigating digital and sexual spaces.

The session explores many topics often left out of mainstream education, including safer sex practices for people with different bodies, douching, casual sex, chemsex, and harm reduction. Participants will build confidence in understanding risk, making informed choices, and accessing testing and support in a way that is open, non-judgemental, and grounded in real-life experiences.

WHO IT'S FOR:

- LGBTI+ individuals & groups
- Community organisations
- Colleges/universities

(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** LGBTI+ sexual health needs
- **Recognise** STI and HIV prevention methods
- **Make** informed sexual health decisions
- **Feel** confident in their sexual expression

TOPICS COVERED:

- STIs, testing, and prevention
- HIV awareness
- LGBTI+ Safe Sex
- Healthy and unhealthy relationships
- Navigating internet and casual sex safely
- Consent
- Contraception
- Chemsex
- Services & support
- Q&A discussion

Consent Respect
 Communication Trust
 Mutual Pleasure Healthy Relationships
 Boundaries Education
 Empowerment & Wellbeing
 Sexually Transmitted Infections (STI's)
 Chlamydia Gonnorrhea
 HPV Herpes HIV
 Hepatitis Syphilis

Sexual Health

Testing Prevention
 Regular Check Ups
 Treatment Support
 Contraception
 Condoms Dental Dams
 Birth Control Implant
 IUD Pills Patch

Reproductive Health

Pregnancy Information
 Menstrual Health Safe Sex
 Love & Care

Your Health Matters

Duration: 1 - 2 Hours

Delivered
in-person or online

SEXUAL WELLBEING FOR PEOPLE WITH INTELLECTUAL DISABILITIES

Inclusivity

Self - Care

OVERVIEW:

This workshop provides accessible, inclusive sexual health education tailored for people with intellectual disabilities. It covers key topics such as relationships, consent, and personal safety, using clear language and visual supports to ensure understanding.

The session aims to empower participants with accurate, up to date information while promoting dignity, respect, and the right to make informed choices about their bodies and relationships.

WHO IT'S FOR:

- People with intellectual disabilities
- Support services/care settings
(No prior knowledge is required)

LEARNING OUTCOMES:

Participants will be able to:

- **Understand** relationships, boundaries, and consent
- **Recognise** safe and unsafe situations
- **Access** sexual health info and supports
- **Make** informed decisions about wellbeing

TOPICS COVERED:

- Relationships and personal boundaries
- Consent and communication
- Internet and personal safety
- STIs and prevention basics
- Contraception awareness
- Q&A and discussion

Consent Respect
Communication Trust
Mutual Pleasure Healthy Relationships
Boundaries Education
Empowerment & Wellbeing
Sexually Transmitted Infections (STI's)
Chlamydia Gonorrhoea
HPV Herpes HIV
Hepatitis Syphilis

Sexual Health

Testing Prevention
Regular Check Ups
Treatment Support
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IUD Pills Patch

Reproductive Health

Pregnancy Information
Menstrual Health Safe Sex
Love & Care

Your Health Matters

OUR APPROACH

Our work is informed by research, professional expertise, and the real-life experiences of the communities we support.

At GOSHH, our training is grounded in respect, inclusion, and real world understanding. We recognise that conversations around LGBTI+ and sexual health can feel complex, and sometimes intimidating, but they don't have to be. That's why we create a space where participants feel comfortable to ask questions, reflect, and learn without fear of judgement.

We believe there is no such thing as a "wrong" question. Our workshops are designed to be open, supportive, and engaging, helping participants build confidence while developing practical skills they can apply in their work and everyday lives.



INTERACTIVE & ENGAGING

We create a safe, respectful environment where all participants feel heard and supported.



INCLUSIVE & NON-JUDGEMENTAL

Our sessions are discussion-based, encouraging participation, reflection, and shared learning.



TAILORED TO YOUR NEEDS

We adapt our training to suit your organisation, audience, and level of experience.



EVIDENCE BASED

Our work is informed by research, professional expertise, and the real-life experiences of the communities we support.



MEET THE GOSHH TRAINERS

Our training team brings together a wealth of experience in education, community work, and sexual health. Each facilitator combines professional expertise with a deep understanding of the communities we support, creating engaging and meaningful learning experiences.



CIAN GUERIN

Youth Engagement & Training Coordinator

Works with LGBTI+ young people through 1:1 support, youth groups and initiatives, while coordinating GOSHH's training programmes.



BERNIE O'GORMAN

Outreach Worker

Supports individuals across the Mid-West on gender, sexual orientation, and identity, facilitates community groups, and delivers training on inclusion and healthy relationships.



AARON O'BRIEN

Youth Advocacy Worker

Works with LGBTQI+ young people through 1:1 and group work. Delivers workshops, outreach, and youth groups across the Mid-West.



MARTINA MCKNIGHT

Testing Coordinator

Coordinates STI testing services, supports individuals living with Hepatitis, and develops services for sex workers.



AYUSHI PATEL

Sexual Health Engagement Coordinator

Supports individuals living with HIV, coordinates testing and outreach services, and promotes HIV awareness and education.



TEMILOLU OJUAWO

Sexual Health Promotion Worker

Coordinates sexual health programmes, supports outreach and STI testing services, and develops accessible training and resources for targeted communities.



TRAINING BOOKING & PRICING

Whether you know exactly what training you want or would like some guidance, our team is here to support you.

HOW TO BOOK



PRICING INFORMATION



Our training fees vary depending on the type of workshop, duration, location, etc.

Once we receive your details, we can provide a clear quote tailored to your needs.

We aim to keep our training accessible and can offer flexible pricing where possible.

GET IN TOUCH

Please reach out with any questions. We're happy to help you figure out what training best suits your needs.



EMAIL

Youth@goshh.ie



PHONE

061 314 354



WEBSITE

www.goshh.ie



ADDRESS

Redwood Place, 18 Davis St, Limerick. V94 K377

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Hear what people say about our trainings on the following pages →

TESTIMONIALS

What do people have to say about GOSHH's training programmes?

“

Great workshop offering people the chance to learn and ask questions. Beneficial to anyone interested in expanding their understanding and learning how to be more inclusive.

Staff Member
Limerick University

“

Spending a little bit of time exploring the world from the perspective of the LGBTQIA+ community will never be a waste of time, it'll be interesting, funny & inclusive.

Manager
Community Service

“

This information session brought what I thought I knew and understood into much sharper focus and gave me far more insight and understanding than I actually had. Very grateful for the opportunity.

Aministrator
Clinical team

“

I think the GOSHH Training is invaluable to attend, particularly if you are working with children/young people as the information is current and very informative. I walked away from it feeling more knowledgeable and confident in my understanding topics covered. I also liked that it was a safe space to ask questions free from judgement.

Social Worker
Disability Service

“

Yes, very engaging and informative. The workshop gave you great insight on how to create a safe and inclusive space for both students and staff members. The training coordinator took the time to answer our questions and encouraged all of us to engage with the materials. I highly recommend anyone participate in the workshop.

EF
Library Assistant

“

I would just like to compliment GOSHH and the wonderful staff in delivering a fantastic workshop with our staff, and guests from other organisations around Kings Island. It was spot on in how it was delivered, thoroughly engaging and super accessible for all.

John (General Manager)
Limerick Island Community Partners

“

We are very lucky to have organisations like GOSHH to provide training and support services to those in the MidWest

Staff Member
Limerick University



CREATING SAFER & MORE INCLUSIVE COMMUNITIES

Together!

GET IN TOUCH TO BOOK A TRAINING OR LEARN MORE



ADDRESS

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PHONE

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WEBSITE

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