



Media Training

Make the most of your experience with the media at the Olympic and Paralympic Games with this half day Masterclass.

Including:

Real life case studies and scenarios on how to manage the media in difficult situations.

How to get the best out of your social media - The Do's and Dont's.

Coping in the mixed zone after competition.

How to be an ambassador for your sport, yourself and Ireland.

BELIEVE
PERFORM
ACHIEVE

Wednesday 1st of June

National Sports Campus Lecture Theatre.

Arrive 8.30 am. Finish 12.30 pm.

**RSVP - dmchugh@instituteofsport.ie
by Friday the 27th of May.**

sport ireland