**Nominations for Mayo Inspirational Woman of the Year 2016.**

**Rules and Information.**

The Nominee can be nominated initially: In 200 words or less why you want to nominate this woman , how she has inspired you, what is it about her that makes you feel she deserves such an award. To inspire is to “give rise to: a feeling, an ability or an urge to do something and to inhale”...fill up. What does this person fill you with when you think of them? This 200 words can be posted by mail as long as it starts with the words:”I nominate......Josephine Blogs for this award because of her... ?”. posting the nomination please send it to:

Inspiration Woman of the Year Award. ( MIWA)

MRCC, Newtown, Castlebar, Co. Mayo.

* The second part of the nomination is to fill in a short page which will give you a little more space to say more. This is as a result of a request from the Judges last year for some more information to help them make a decision. This page can be emailed or posted out to you. The nomination is valid when the centre receives this part of the nomination back either by post or email. The closing date for receipt of completed forms is 20th December 2016.
* The second part of the nomination, which is the one page, will also include a space to confirm that the nominee (That is the woman being nominated) has agreed to the nomination and is happy to have her name put forward. There is also a question just to make sure the nominee will be happy to attend a few events during the year that we may organise to highlight the Inspiring daily work of women and the work of the centre. There will be no requirement to speak or do anything other than turn up but the nominee should be comfortable with the work of the centre. In considering such a nomination it is good to bear in mind, that the nominee should be able to participate in such informal events and not feel pressurised or vulnerable by the nomination.
* We are looking for anyone who has made a difference, in their communities, their families or to one other person. Last year’s wonderful nominees were very ordinary women who each did extraordinary things and inspired one other person, friends, family members or whole communities.
* No member of MRCC Board or Staff or their families are eligible for nomination for this award. Volunteers with the centre are eligible.
* Canvassing will disqualify.
* Nominees should not seek nomination.
* The Judges are people of Integrity chosen by the centre and their decision is Final. The Judges will remain anonymous. In the event of a tie in voting, an additional judge will be asked to cast a final vote. This is important to the Integrity of the Award and the Centre. The Staff/Board of MRCC have no contact re the decisions of the Judges.
* In the event of a lot of nominations, there will be a shortlist created and invited to the Nollaig na mBhan event in Ballina Manor Hotel on January 6th 2016.
* If you would like further information re nominations please feel free to contact Ruth on 086 8526681.

**Mayo’s Inspirational Woman of the Year 2016.**

* Here you can take a little more space to maybe let us know a little bit more about the woman you are nominating. What are her qualities? What has she taught you? What has she given to you? How has she inspired you? What has she done that has inspired you or how has she inspired you?
* Can you confirm that the nominee is aware of the nomination and is in agreement with it? You can sign your name here
* Can you give both her name and address and phone number for contact details and your own.