

# Partner Capacity Strengthening: Inspiring Change

Online training course :  
September to November 2026



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## Course summary

Organisational change is much harder than it looks, and catalysing genuine, positive and sustainable change with partners requires much more than a single assessment or a mechanistic process. The aim of this course is to help inspire more effective and equitable capacity strengthening and organisational development support to partner organisations, including when working remotely.

This course introduces participants to the core skills needed to support a partner through an organisational change process. It will give you an understanding of the true nature of organisations, and how to assess capacity strengthening needs. You will explore methods and tools for capacity strengthening. You will learn how power dynamics impact on organisational change processes in partnerships, and identify how to promote partner ownership. You will also have the opportunity to explore your own strengths and weaknesses as an external change agent, and identify new practical approaches to try.

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## Who is this training course suitable for?

This course is tailored for program staff and organisational development practitioners who work directly with grantees, community-based organisations, networks and international partners. It is aimed at expanding their expertise in capacity strengthening and support strategies. This learning journey will be most relevant to those who have some experience in this field which they would like to build on and those who are intending to engage in capacity strengthening support work in the near future.

## Course format

This course is a facilitated, interactive and collaborative e-learning experience consisting of:

- Six interactive live sessions
- "Triads": 3 self-facilitated peer learning sessions in small groups\*
- Self-paced activities and access to further learning resources on INTRAC learning platform
- Feedback on one individual assignment
- One individual mentoring session (1 hr)
- Add-on and further mentoring support is available on request (please see the Course Fee section at the bottom of next page)
- Partner conversation\*

\*These are course requirements and must be completed to earn a certificate.

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## What are the objectives?

By the end of the training participants will be able to:

- Explain how to assess a partner's capacity strengthening needs
- Identify how to increase partner ownership of any change process
- Recognise how power dynamics impact on the effectiveness of capacity strengthening work with partners, and what to do about this
- Identify a range of different capacity strengthening tools and approaches
- Understand how to plan capacity strengthening initiatives with partners
- Analyse which capacity strengthening initiatives are working well, and how to overcome common capacity strengthening challenges
- Explore participants' own strengths and weaknesses as external change agents, and identify new strategies that can help them to increase their effectiveness

## Live session calendar

Session	Topic	When
	<i>Enrolment and pre-course activities</i>	<i>Thru 17 - Wed 23 Sep 2026</i>
1	<b>Assessing capacity strengthening needs</b>	Thursday 24 Sep 2026 1pm - 3pm UK time
2	<b>Ensuring partner ownership</b>	Thursday 1 Oct 2026 1pm - 2:30 pm UK time
3	<b>Prioritising and planning</b>	Thursday 8 Oct 2026 1pm - 2:45pm UK time
	<i>Self-paced &amp; group activities (no live session)</i>	<i>w/b 12 Oct 2026</i>
4	<b>Selecting Appropriate Capacity Strengthening Methods</b>	Thursday 22 Oct 2026 1pm - 2:30 pm UK time
5	<b>Supporting capacity strengthening effectively</b>	Thursday 29 Oct 2025 1pm - 2:45pm UK time
6	<b>Programme staff as change agents</b>	Thursday 6 Nov 2026 1pm - 2:30 pm UK time

\* Note: the first live session will be 2 hours long; sessions 3 & 5 - 1 hr 45 mins and others 1 hr 30 mins.

## Course fee: £845\*

\*The course fee is £845 and includes one mentoring session. Additional mentoring sessions can be booked at a discounted rate of £100 during the application process or once on the course. Mentoring sessions requested after the course will be available at the standard rate of £160 per 60 minutes.

\*A limited number of Training Access Scholarships is available for small non-profits based in selected countries.

For more information, please visit our [FAQ](#) or contact the training team ([training@intrac.org](mailto:training@intrac.org))

## Group work and time commitment

The course will run over the course of 7 weeks. We'll host 6 live sessions (first session 2 hours-long, sessions 3 and 5 are 1 hour and 45 mins long, and all other sessions 1.5 hours long). **On average, participants should set aside 3-4 hours per week for this course.** Participants will need to access the e-learning platform ahead of the first live session to introduce themselves, share the challenges they face with partner capacity strengthening in their work and complete some pre-reading.

\*All participants of the course will be assigned to Triad groups (3 learners in each group), based on the analysis of the written challenges that they submitted; geographic location and cultural setting will be taken into account to the extent possible. It is a way of providing participants with an opportunity for peer learning and support alongside the live sessions led by INTRAC trainers.

As a Triad, participants are required to meet at least three times via an online call over the 7-week period of the course duration. These meetings will be used to discuss specific challenges, share insights and collaboratively apply the course learnings to the participant's context. We expect each Triad's session to last approximately 1 hour, i.e. around but not limited to three hours in total for this group activity over the course.

Participants will also be expected to meet with a partner organisation staff to get their insights on the kinds of partner capacity strengthening support that is working.

## IT requirements

- You will need a laptop and access to broadband internet. A headset is recommended.
- Live sessions take place via Zoom
- INTRAC's e-learning platform (Moodle) and other collaboration tools used in the course are accessible via browser.