

People and Relationships Courses

Courses on how to foster a collaborative and productive environment.

Mental Health Awareness

(Mental health conversations, personal safety and self care)

This course looks at spotting the signs and having conversations about mental health, as well as personal safety and self-care.

9 minutes

Being Assertive

We've all had moments when we wondered if we could have been a bit more direct, forward, or assertive. This course will assess your assertiveness level and provide practical steps to enhance it.

13 minutes

Mental Health Awareness

(Stigma, discrimination, and the importance of language)

This course covers the different types of stigma and discrimination, as well as the importance of language, in talking about mental health.

5 minutes

Negotiating and Influencing

Negotiating is often seen as something confined to major deals in the workplace. This course will explore various approaches you can take when negotiating, how to prepare yourself, and things to avoid.

14 minutes

Mental Health Awareness

(What is mental health and why should we talk about it)

Mental illness can sometimes be hard to recognise and understand. In this course, we will look at what mental health is and why we should talk about it.

7 minutes

Presentation Skills

Public speaking and presentations are considered daunting tasks. In this course, we will focus on practical tips and techniques that can help you enhance your confidence and presentation skills.

13 minutes

Stress Awareness and Management

In this course we will help you to understand the causes of stress, recognise the signs and symptoms of stress, develop strategies for managing stress, and create a workplace that is supportive of employee mental health.

6 minutes

Problem Solving and Decision Making

"Effective decision-making brings significant benefits to both organisations and individuals. This course will focus on proven processes and techniques that can enhance your decision-making.

15 minutes

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Team Working

14 minutes

While today's teams encounter various pressures, their success still revolves around core foundations. This course will help you learn how to be a great team player and collaborate effectively with those around you.

Wellbeing

5 minutes

Wellbeing is defined as the state of being comfortable, healthy, and happy. This course will introduce simple steps and actions that you can undertake to improve your wellbeing.

Time Management

16 minutes

This course will cover key actions and practical tools that can help you prioritise your workload and manage your time more effectively.

Objection Handling

18 minutes

Handling objections is a natural part of the selling process. This course will explore different forms of objections and provide you with helpful hints and tips to overcome them.

Managing Anxiety

4 minutes

Anxiety at work can have a significant impact on your job performance, relationships with co-workers, and overall well-being. This course will cover the effects of anxiety at work, and tips and strategies for managing anxiety.

Working through the Menopause

4 minutes

This course will cover what the menopause is, ways to help manage symptoms, and the steps employers can take to help menopausal employees thrive in the workplace.

Effective Recruitment

33 minutes

Effective recruitment and selection are about placing the right talent, in the right role, at the right time. Learn what a recruitment strategy is and how to formulate and adopt one that fits your business.

HR Compliance Essentials

12 minutes

HR compliance in the UK ensures that an organisation's human resources (HR) practices meet all applicable laws and regulations. This course covers the different laws and regulations in these areas and tips for compliance.

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Unconscious Bias

7 minutes

Unconscious bias is a prejudice or stereotype that we hold about a person or group of people that is outside of our conscious awareness. Learn how we can reduce this to create a more inclusive workplace.

Carrying out Appraisals

14 minutes

This course covers crucial topics, such as what an appraisal is, the benefits of appraisals, the different processes, and stages of conducting effective appraisals.