

Standard Course List

Lunch & Learn Courses

- Emotional Intelligence
- Mindfulness
- Resilience

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Standard Course List

Leadership & Management

Away Days/Team Development

Coaching & Mentoring Skills

Coaching Style of Management

Conflict Management

Employability

Skills/Outplacement

intro to Neuro Linguistic
Programming (NLP)

Investors in People – Internal As-
sessor Training

Minute Taking & Effective
Meetings

Personal Impact

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Standard Course List

Accredited Courses

- PX2
- STEPS
- STEPS and PX2 are accredited training packages and will need 30 hours to complete and to get certification.

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Standard Course List

90 Minute Courses

Brand You

Getting Things Done

Emotional intelligence

Understanding Change

Handling Conflict

One Minute Manager

Personal Impact

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Standard Course List

Personal Development

Assertiveness
Brand You – Self Marketing
Communication skills
Confidence building
Customer care
Data Protection
Equality & Diversity
Making the most of your 1-2-1
(Supervision)
Mindfulness
Presentation Skills
Professional Boundaries

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