



QUALITY *training*
creates QUALITY
PEOPLE



E-Learning Portal

Our digital training solutions are underpinned by some of the best learning technology around, coupled with the relevant subject expertise behind them. They provide you with a fully interactive programme to be achieved within a given time frame, but the flexibility is there for you to complete them at times most convenient to you.



Health & Safety

- COSHH Risk Assessment
- DSE Risk Assessment
- Fire Safety Principles
- Health & Safety in the Workplace
- Manual Handling Safety at Work
- Prevention & Control of Infection



Retail & Hospitality

- Prepare & Deliver Excellent Customer Service
- Food Safety Awareness



Business, Leadership & Management

- Conflict Management
- Discipline in the Workplace
- Induction of New Staff
- Leading & Motivating a Team
- Organising & Delegating
- Performance Management
- Planning & Allocating Work
- Solving Problems & Making Decisions
- Stress Management
- Understanding Leadership



Personal Development & Employability

- GDPR
- Induction Essentials
- Essentials
- First Aid Programme
- Introduction to First Aid – Zone 1
- Introduction to First Aid – Zone 2
- Introduction to First Aid – Zone 3
- Introduction to First Aid – Zone 4
- Personal Money Management
- Rights & Responsibilities
- Understanding Equality & Diversity



Health & Fitness

- Explore the Principles of Healthy Eating
- Principles of Weight Management
- Understand the Principles of Exercise & Fitness



Health & Social Care

- Alcohol Awareness
- Dementia Awareness
- Sexual Health Awareness
- Substance Misuse Awareness
- Mental Health Awareness
- Mental Capacity Act
- Safeguarding Adults & Children
- Understanding Anxiety
- Understanding Depression
- Understanding Stress
- Understanding Eating Disorders
- Understanding the Safe Handling of Medication