

BITE SIZE WEBINARS

All course are on-line and usually last for 1-hour. Suitable for groups of 5 to 100 people.

Covid-19 Related Courses

1. Coping with Covid Related Stress
2. Managing the holidays
3. A reluctance to return to work
4. Working from home
5. Living in uncertain times

Health & Wellbeing

6. Stress management & relaxation
7. Mental health awareness for all
8. Achieving work-life balance
9. Avoiding burnout in your job
10. Alcohol & other drugs awareness

Popular Webinars

11. Laughter is the best medicine
12. Support for working parents
13. Coping with change
14. Being assertive at work and in life
15. Negotiation mini-class

Bite-size Skills Courses

16. Time management that works
17. Business communication essentials
18. Using email effectively
19. Managing your money
20. HR for non-HR professionals

Management Focused

20. Continuous Improvement
21. Decision making
22. Strategy & strategic thinking
23. Emotional Intelligence (EI)
24. Conflict resolution

The cost for any of the 25 mini-courses is £150 per webinar. If you would like other topics not listed, let us know.

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