

Browse our core topics

A complete guide to our on-demand and expert-led course and content options.

Blended training course

Pre-configured blended courses/learning journeys, that include pre & post learning - excite, engage, embed.

Expert-led training: 180-minutes

180-minute expert-led training sessions, that include: **Tell, practice & share.**

Click to browse by category

Management & Leadership

Personal Development

Project Management

Essential Business Skills
(Functional, Wellbeing & Lifeskills)

Online learning content

Our **on-demand online learning playlists of content:** Fluidbooks, Thrive in Five videos, animations, infographics, podcast, apply your learning & quizzes.

Expert-led training: 90-minutes (Bitesize)

90-minute expert-led training sessions, that include: **Tell & a bit of practice.**

Management & Leadership (1/3)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Advanced Coaching	➔	Y	Y		
Advanced Management Skills	➔	Y	Y		
Agile Leadership	➔	Y	Y		Y
Building a Positive Culture	➔			Y	Y
Building Accountability	➔			Y	Y
Building Multicultural Relationships	➔			Y	Y
Building Resilience in Self and Others	➔	Y	Y	Y	Y
Challenging Conversations	➔	Y	Y	Y	Y
Coaching	➔	Y	Y	Y	Y
Communication Styles	➔			Y	Y

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Compassionate Leadership	➔			Y	Y
Constructive Conflict	➔			Y	Y
Creating Quality	➔			Y	Y
Developing Leadership Presence	➔	Y	Y		
Developing Others	➔			Y	Y
Effective Delegation	➔	Y	Y	Y	Y
Effective Meetings	➔			Y	Y
Effective Mentoring in the Workplace	➔	Y	Y	Y	Y
Employee Engagement	➔	Y	Y	Y	Y
First Time Manager (Introduction to Management)	➔	Y	Y	Y	Y

Management & Leadership (2/3)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Flexibility & Agility	➔			Y	Y
Fundamentals of Key Account Management	➔	Y	Y		
Giving and Receiving Feedback	➔	Y	Y	Y	Y
Handling Difficult Situations	➔	Y	Y		
Handling Stress and Conflicting Needs	➔	Y	Y	Y	
High Impact Leadership	➔	Y	Y		
ILM Level 3	➔	Y			
ILM Level 5	➔	Y			
Inclusive Leadership	➔			Y	Y
Influencing and Negotiating with Senior People	➔	Y	Y	Y	

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Interviewing Skills (Recruitment & Interviewing)	➔	Y	Y	Y	Y
Leadership Under Pressure	➔	Y	Y		
Leading a Hybrid Team	➔	Y	Y	Y	Y
Leading without Authority (Managing Upwards)	➔	Y	Y	Y	Y
Manager v Leader	➔			Y	Y
Managing a Matrix Team	➔	Y	Y		
Managing Change	➔	Y	Y	Y	Y
Managing High Performing Teams	➔			Y	Y
Managing Performance	➔	Y	Y	Y	Y
Managing Stress	➔		Y	Y	Y

Management & Leadership (3/3)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Managing Virtual Teams	➔	Y	Y	Y	Y
Motivating Your Team	➔	Y	Y	Y	Y
Objective Setting	➔			Y	Y
Peer to manager	➔			Y	Y
Recognition & Reward	➔			Y	Y
Stepping up to Senior Management	➔			Y	Y

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Strategic Decision Making	➔			Y	Y
Strategy	➔	Y	Y	Y	Y
Team Effectiveness	➔	Y	Y	Y	Y
Working in Hybrid Teams - getting the most out of hybrid meetings	➔			Y	Y
Working in Hybrid Teams - Maximising the benefits of hybrid working	➔			Y	Y
Working with High Potentials	➔			Y	Y

Personal Development (1/2)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
360 Degree Feedback	➔			Y	Y
Advanced Influencing and Persuading	➔	Y	Y		
Advanced Negotiation	➔	Y	Y		
Assertiveness at Work	➔	Y	Y	Y	Y
Building Networks	➔	Y	Y	Y	Y
Building Resilience and Handling Stress	➔	Y	Y	Y	Y
Building Your Confidence	➔	Y	Y	Y	Y
Business Jargon Busters	➔	Y	Y	Y	Y
Career Planning (Designing your career)	➔			Y	Y
Collaboration	➔			Y	Y







Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Communication Skills	➔	Y	Y	Y	Y
Connectedness	➔			Y	Y
Continuous Improvement	➔			Y	Y
Developing Personal Brand and Impact	➔	Y	Y	Y	Y
Disability Awareness	➔			Y	
Disruptive Thinking	➔			Y	Y
Diversity, Inclusion & Cultural Awareness	➔	Y	Y	Y	Y
Drive	➔			Y	Y
Effective Writing	➔	Y	Y	Y	Y
Emotional Intelligence	➔	Y	Y	Y	Y







Personal Development (2/2)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Facilitation Skills	➔			Y	Y
Growth Mindset	➔	Y	Y	Y	Y
Habit Building	➔			Y	Y
How to be an Ally Against Racism	➔			Y	Y
Influencing & Persuading	➔	Y	Y	Y	Y
Innovation & Creativity	➔			Y	Y
Negotiation Skills	➔	Y	Y	Y	Y
Presentation Skills	➔	Y	Y	Y	Y
Problem Solving & Decision Making	➔	Y	Y	Y	Y
Psychological Safety	➔	Y	Y	Y	Y

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Psychology of Leadership	➔			Y	Y
Relating to Others	➔			Y	Y
Social Media in the Workplace	➔				Y
Stakeholder engagement	➔			Y	Y
Storytelling	➔			Y	Y
Storytelling with Data	➔	Y	Y	Y	
Success Skills for Office Professionals	➔	Y	Y		
Time Management	➔	Y	Y	Y	Y
Train the Trainer - Understanding the Context	➔	Y	Y		
Unconscious Bias	➔			Y	Y
Working in a multi-generational workplace	➔			Y	

Project Management

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Agile Project Management		Y			Y
APM Project Fundamentals (PFQ)		Y			
APM Project Management (PMQ)		Y			
Becoming a Plan-Based Project Manager		Y	Y		
Goal Focused Project Delivery		Y	Y		
Intro to Effective Project Management		Y	Y	Y	Y

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Leading Project Teams		Y			
PMI®-ACP Certification Preparation		Y			
PRINCE2® 6th Edition Combined Foundation and Practitioner		Y			
Project Management Professional (PMP)®		Y			
Projects in a Complex Environment		Y			
Solution Driven Project Management		Y			

Essential Business Skills (including Wellbeing & Lifeskills)

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Advanced Skills for Senior Office Professionals	➔	Y	Y		
Belonging in the Workplace	➔			Y	Y
Commercial Awareness	➔	Y	Y		Y
Fundamentals of Sales	➔	Y	Y	Y	Y
Introduction to Customer Service	➔	Y	Y		Y
Managing Wellbeing	➔	Y	Y	Y	Y
Minute Taking	➔	Y	Y	Y	Y

Topic	Click for more details	Blended training course	Expert-led training: 180-minutes	Expert-led training: 90-minutes (Bitesize)	Online Learning
Motivating Yourself	➔			Y	
Negotating with Suppliers	➔	Y	Y		Y
Positive Psychology	➔	Y	Y	Y	Y
Sexual Harrassment	➔			Y	Y
Understanding Costs and Budgets	➔	Y	Y	Y	
Understanding Key Financial Statements and Concepts	➔	Y	Y	Y	
Wellbeing and Stress	➔	Y	Y	Y	Y

Can't find what you're looking for?

Tell us more about your training and development requirements. We'll be delighted to discuss your needs and deliver a programme for you.

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Contact us

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