

Our Training Courses

Wellbeing	Personal Effectiveness	Leadership Skills
Resilience: <ul style="list-style-type: none"> • Background & Basics • Building Mental Resilience • Building Physical Resilience • Managing for Resilience Managing for Mental Health: <ul style="list-style-type: none"> • Part 1: Background & Basics • Part 2: Your Role As Manager • Part 3: Putting it into Practice Mental Health Awareness Mental Health First Aid (2 days) MHFA Refresher (1 day) Mindfulness at Work Working from Home - a Survival Guide	Business Skills Toolbox Creative Problem Solving Customer Service Effective Minute Taking Effective Networking Emotional Intelligence Making the Most of Meetings Maximising Your Personal Impact Memory Skills Negotiating Project Management (1 day) Stakeholder Management Success Through Change Successful Teamwork Time Management	Building & Leading Great Teams Coaching Delegation Inspirational Leadership Introduction to Employment Law Leadership Styles Managing Change Managing Difficult Conversations Managing Friends Motivating Others Performance Management Recruitment Interviewing Running Meetings Thinking as a Manager
Communication	Remote & Hybrid Working	Sales
Assertiveness in Communication Building Trust & Rapport Communicating with NLP Giving & Receiving Feedback Influencing & Persuasion Managing Upwards Presentation Skills (1 day) Thinking on Your Feet Writing for Impact	Managing Remote/Hybrid Teams Effective Remote/Hybrid Working Making Hybrid Meetings Work Presenting in a Hybrid World Wellbeing in a Hybrid World Equality, Diversity & Inclusion Diversity & Inclusion Respect at Work Unconscious Bias Inclusive Recruitment Inclusive Management Inclusive Communication	Advanced Sales Negotiations Consultative Selling Establishing the Need Influencing & Persuasion Key Account Management Networking & Referrals Objection Handling Procurement Training Proposal Writing Selling the Value Selling to the C-Suite

Full course outlines can be requested by emailing abby@bitesizelearning.co.uk.

Contact Us

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