



# Online Leadership Training Courses

Great leaders all possess similar qualities and leadership skills. Our leadership courses help build and improve these skill sets. With courses in communication, confidence, problem-solving and many more, there's a course to improve every area of your leadership skills.



**REGISTER NOW**

Once registered email [sonya@fermanaghtrust.org](mailto:sonya@fermanaghtrust.org) the name of the course you would like to complete.

## AN INTRODUCTION TO LEADERSHIP

This Introduction to Leadership course has been designed for those across all industries who are looking to become a more effective leader. What makes a good leader, how certain skills can be developed to help be a good leader, and how these skills can be implemented into real world scenarios.



20 min



Soft Skills

## WOMEN IN LEADERSHIP TRAINING

In this Women in Leadership Training course, we explore workplace challenges for women, understand personal values and leadership styles, acquire tools for navigating male-dominated spaces, and have a clear understanding of authentic and empowering leadership.



60 min



Human Resources

## COMMUNICATION SKILLS TRAINING

This training course helps staff build on their existing communication skills by providing guidance on initiating and responding to various forms of communication. It's suitable for all levels of staff within any type of organisation.



10 min



Soft Skills

## CONFIDENCE BUILDING TRAINING

This Confidence Building Training course is designed for all levels of employees / volunteers and aims to help the user understand the effect confidence can have in the workplace and in their personal lives, whilst also providing them with the tools to begin improving their own confidence.



10 min



Soft Skills

## CONFLICT RESOLUTION TRAINING

This CPD Accredited and IIRSM approved course provides the most effective techniques and strategies for handling and resolving conflict in the workplace. Conflict can occur in any workplace, this short course is, therefore, suitable for all industry sectors. Understand the types of conflict and learn how to prevent conflict.



25 min



Soft Skills

## CRITICAL THINKING TRAINING

This course has been designed to help staff use basic logical tools to analyse problems and come up with "outside the box" solutions. With staff dealing with new technologies and working on more complex projects, Critical Thinking has become one of the most sought-after skills in the modern workplace.



15 min



Soft Skills

### **PROBLEM SOLVING TRAINING**

This training is the perfect starting point to improving anyone's problem solving skillset & understanding the importance of problem solving. Designed to give users the information and tools they need to identify problems, how to correctly identify problems when they appear, and how to create and apply solutions to remedy these problems.

10 min Soft Skills

### **RESILIENCE TRAINING**

This IOSH Approved Online Resilience Training course will provide you with the tools needed to build resilience in order to better manage challenges and maintain good personal wellbeing in the face of adversity. It includes the key components of resilience and is a simple yet effective course that is CPD accredited and suitable for all levels.

30 min Soft Skills

### **TIME MANAGEMENT TRAINING**

This IIRSM approved training course has everything you need to take back control over your time. It will help you plan where you want to be and effectively manage your time so you can focus on getting there, whilst offering useful tips and strategies for avoiding distractions along the way.

25 min Soft Skills

### **MENTAL HEALTH AWARENESS TRAINING**

This training raises awareness of ill-mental health (particularly stress, depression and anxiety), provides tools and guidance for daily wellbeing-management, and aims to remove the stigma surrounding mental health. It's the only course of its kind to achieve an IOSH Approval and also won the THS Health & Safety Award in 2020.

35 min Human Resources

### **UNCONSCIOUS BIAS TRAINING**

CPD accredited and IIRSM approved this training has been created to identify, challenge, and reduce unconscious bias. Upon completion you will understand the most common types of biases, as well as the negative impacts this can have on an organisation. Workplaces with less bias tend to cultivate fairer, more diverse, and open cultures.

30 min Human Resources

### **STRESS AWARENESS & MANAGEMENT TRAINING**

This Stress Awareness and Management Training course is for everyone – employers, safety representatives and employees. It has been designed to take positive steps to help identify and prevent stress at work. This IOSH Approved and CPD accredited course is split into 3 easy-to-follow sections and takes just 30 minutes to complete online.

30 min Human Resources

### **EQUALITY, DIVERSITY & INCLUSION TRAINING**

This IIRSM & Citation approved Training course was created in collaboration with global EDI experts and introduces the protected characteristics, discrimination, victimisation, and unfair treatment within a professional environment. The UK becomes more culturally diverse. EDI training is, therefore, becoming an essential part of training for all workplaces.

55 min Human Resources

### **BULLYING & HARASSMENT TRAINING**

This Bullying & Harassment in the workplace training course is for the leaders and managers in your organisation. It will help management to create a positive culture by providing practical guidance for preventing, handling and tackling bullying and harassment at work.

40 min Human Resources