



# CONTINUING PROFESSIONAL DEVELOPMENT COURSES

 Colchester Institute

ONLY  
£35



Whether you are an individual looking to improve your own skillset through continuous professional development (CPD) or an employer looking at qualifications for workforce development, Colchester Institute offers a range of distance learning opportunities across a number of industries.

## KEY FEATURES

- \* Official CPD certified course
- \* Auto-enrolment with an immediate start
- \* Delivered fully online
- \* Study from anywhere, at any time
- \* Perfect for an introduction to a subject or as a subject refresher
- \* Great addition to your CV
- \* Receive an e-certificate upon completion
- \* Nationally recognised



For information on our CPD courses please visit our website:  
[colchester.ac.uk/cibs/online-training](https://colchester.ac.uk/cibs/online-training)

To find out more about other courses / opportunities available please visit: [colchester.ac.uk/adults](https://colchester.ac.uk/adults)



# CPD courses available...

- Alcohol Awareness
- Conflict Management
- COSHH Risk Assessment
- Dementia Awareness
- Discipline in the Workplace
- DSE Risk Assessment
- Explore the Principles of Healthy Eating
- Fire Safety Principles
- Food Safety Awareness
- General Data Protection Regulation
- Health and Safety in the Workplace
- Induction Essentials
- Induction of New Staff
- Introduction to First Aid – Zone 1
- Introduction to First Aid – Zone 2
- Introduction to First Aid – Zone 3
- Introduction to First Aid – Zone 4
- Leading and Motivating a Team
- Manual Handling Safety at Work
- Mental Capacity Act
- Mental Health Awareness
- Organising and Delegating
- Performance Management
- Personal Money Management
- Planning and Allocating Work
- Prepare to Deliver Excellent Customer Service
- Prevent Duty
- Prevention and Control of Infection
- Principles of Internet Safety
- Principles of Safeguarding
- Principles of Weight Management
- Rights and Responsibilities
- Safeguarding Adults and Children
- Sexual Health Awareness
- Solving Problems and Making Decisions
- Stress Management
- Substance Misuse Awareness
- The Importance of British Values
- The Importance of Online Safety
- Understand the Principles of Exercise and Fitness
- Understanding Anxiety
- Understanding Depression
- Understanding Eating Disorders
- Understanding Equality and Diversity
- Understanding Leadership
- Understanding Stress
- Understanding the Safe Handling of Medication

*All courses are CPD Certified*