

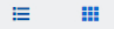
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Topic: Health & Wellbeing

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- Learning Paths

Topics

- Finance Skills
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- I.T. Skills
- Leadership and Management
- Marketing

Languages

🔍 Languages

- English (United States)

Favorites

- Yes  No

Has discussion forum

- Yes  No



Course

Asbestos Awareness (UK/EU)

Asbestos is bad news. You were probably already aware of tha



Course

Be Active

Physical inactivity has long been linked to a range of healt



Course

CBT and Mental Health - Anxiety and Panic Attacks

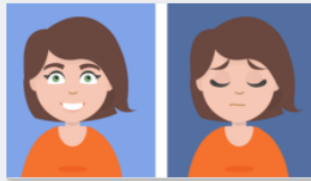
Anxiety is one of the most common mental health problems wor



Course

CBT and Mental Health - Bipolar Disorder (UK/EU)

Bipolar disorder is recognised as one of the most common men



Course

CBT and Mental Health - Borderline Personality Disorder

Borderline personality disorder is a mental health condition



Course

CBT and Mental Health - Introduction to Cognitive Behavioral Therapy (UK/EU)

This introductory course provides you with an overview of Co



Course

COSHH Essentials (UK/EU)

Chemicals and other hazardous substances can put your health



Course

Dangers of Sleep Deprivation (UK/EU)

The modules in this course explore why sleep is so important



Course





Course

### Dealing with Stressful People

Stress is an inevitable part of life. Sometimes, though, we



Course

### De-stressing your Inner and Outer World

Course

### Driver Safety Awareness (UK/EU)

It is important to consider how you can drive as safely as p



Course

### DSE Awareness (UK/EU)

Display screen awareness (DSE) such as computers can be foun



Course

### Ergonomics - Steps to Minimize Workplace-Related Injuries

We'll be taking a look at various workplace factors—such as



### Dangers of Sleep Deprivation (UK/EU)

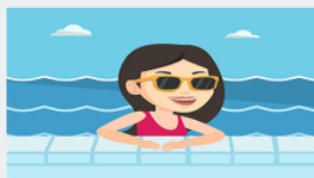
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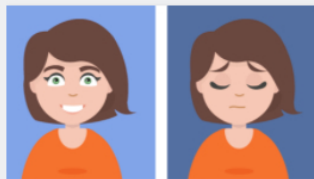
So many people are suffering from stress that we often find



Course

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Hazard Identification & Risk Control (HIRC)

Hazard and Risk. You'll no doubt hear these terms at lot whe



#### Languages

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Yes  No

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Yes  No



Course



### Healthy Eating at Work

We consume at least a third of our daily calorie intake whil

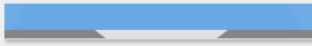


Course



### Holding the Handrail (UK/EU)

This particular course covers the importance of holding the



Course



### Lone Working (UK/EU)

It is important to consider how you can work as safely as po



Course



### Managing Employee Stress

Everyone knows how it feels to be stressed. In the workplace



Course



### Manual Handling (UK/EU)



### Holding the Handrail (UK/EU)

This particular course covers the importance of holding the