Full Symonds Training (classroom) Training Course List

**Discounts**
5 or more courses -10% off
10 or more courses – 15% off

**Courses Now Available**

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $ (est)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mental Health Awareness at Work</td>
<td>£89</td>
<td>($109)</td>
</tr>
<tr>
<td>2</td>
<td>Introduction to Mindfulness</td>
<td>£127</td>
<td>($153)</td>
</tr>
<tr>
<td>3</td>
<td>Unconscious (No) Bias Training</td>
<td>£89</td>
<td>($115)</td>
</tr>
<tr>
<td>4</td>
<td>Conflict Management</td>
<td>£127</td>
<td>($153)</td>
</tr>
<tr>
<td>5</td>
<td>Dealing with Difficult People</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>6</td>
<td>Time Management</td>
<td>£119</td>
<td>($149)</td>
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<tr>
<td>7</td>
<td>Starting a Home Business</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>8</td>
<td>Digital Marketing</td>
<td>£139</td>
<td>($169)</td>
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<tr>
<td>9</td>
<td>Accessibility Compliance &amp; Audits for Public Spaces (DDA &amp; ADA)</td>
<td>£119</td>
<td>($149)</td>
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<tr>
<td>10</td>
<td>SMART Goals</td>
<td>£89</td>
<td>($109)</td>
</tr>
<tr>
<td>11</td>
<td>Menopause at Work</td>
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<tr>
<td>12</td>
<td>Writing for the Web</td>
<td>£75</td>
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<tr>
<td>13</td>
<td>Digital Wellbeing and Wellness</td>
<td>£89</td>
<td>($109)</td>
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<tr>
<td>14</td>
<td>Life Planning &amp; Goal Setting</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>15</td>
<td>Environmental Awareness</td>
<td>£89</td>
<td>($109)</td>
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<tr>
<td>16</td>
<td>Mental Wellbeing &amp; Health for Employees Working from Home</td>
<td>£89</td>
<td>($109)</td>
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<td>17</td>
<td>Bullying &amp; Harassment in the Workplace</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>18</td>
<td>SEO Basics for Beginners</td>
<td>£127</td>
<td>($153)</td>
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<td>19</td>
<td>Intro to Qualitative Market Research (2 days)</td>
<td>£139</td>
<td>($169)</td>
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<td>20</td>
<td>Mindfulness for Busy People (Short Course)</td>
<td>£89</td>
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<td>21</td>
<td>Intercultural Communication</td>
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<tr>
<td>No.</td>
<td>Title</td>
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<tr>
<td>22</td>
<td>Active Listening Skills</td>
<td>£89</td>
<td>($109)</td>
</tr>
<tr>
<td>23</td>
<td>Managing the Return to Work Process</td>
<td>£89</td>
<td>($109)</td>
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<tr>
<td>24</td>
<td>Delegation Skills</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>25</td>
<td>Presentation Skills</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>26</td>
<td>Building Resilience in the Workplace</td>
<td>£127</td>
<td>($153)</td>
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<td>27</td>
<td>Managing Virtual Teams Training Course Materials</td>
<td>£99</td>
<td>($125)</td>
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<td>28</td>
<td>Absence Management</td>
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<td>29</td>
<td>Emotional Intelligence</td>
<td>£139</td>
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<td>30</td>
<td>Psychological Safety at Work</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>31</td>
<td>Inclusive Leadership</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>32</td>
<td>Managing Different Generations in the Workplace</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>33</td>
<td>Self-Confidence Building</td>
<td>£137</td>
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<td>34</td>
<td>Stress Management in the Workplace</td>
<td>£119</td>
<td>($149)</td>
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<tr>
<td>35</td>
<td>Resume/CV Writing Skills</td>
<td>£119</td>
<td>($149)</td>
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<tr>
<td>36</td>
<td>Employee Engagement and Motivation</td>
<td>£89</td>
<td>($109)</td>
</tr>
<tr>
<td>37</td>
<td>Giving and Receiving Effective Feedback</td>
<td>£99</td>
<td>($125)</td>
</tr>
<tr>
<td>38</td>
<td>Assertiveness Skills &amp; Techniques at Work</td>
<td>£119</td>
<td>($149)</td>
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<tr>
<td>39</td>
<td>Nonverbal Communication &amp; Body Language</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>40</td>
<td>Coaching Skills for Managers</td>
<td>£127</td>
<td>($153)</td>
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<tr>
<td>41</td>
<td>Identifying &amp; Managing Narcissism in the Workplace</td>
<td>£99</td>
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<tr>
<td>42</td>
<td>Managing Office Politics</td>
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<td>43</td>
<td>Collaboration Skills</td>
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<td>44</td>
<td>Imposter Syndrome in the Workplace</td>
<td>£89</td>
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**Note 1:** Prices in USD$ dollars will change according to the exchange rates but are there to give a rough estimate of the prices i.e. in USD$.

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Influencing Skills (Available Nov 2022)</td>
<td>TBC</td>
<td>TBC</td>
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<tr>
<td>2</td>
<td>Building Trust in the Workplace</td>
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<tr>
<td>3</td>
<td>Mentoring Skills</td>
<td>TBC</td>
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<tr>
<td>4</td>
<td>Change Management</td>
<td>TBC</td>
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<tr>
<td>5</td>
<td>Strategic thinking</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>6</td>
<td>Decision Making</td>
<td>TBC</td>
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**Courses Being Produced (October 2022 onwards)**
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Unconscious (No) Bias Training</td>
<td>£89</td>
<td>($109)</td>
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<tr>
<td>2</td>
<td>Psychological Safety at Work</td>
<td>£99</td>
<td>($125)</td>
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<tr>
<td>3</td>
<td>Inclusive Leadership</td>
<td>£127</td>
<td>($153)</td>
</tr>
<tr>
<td>4</td>
<td>Managing Different Generations in the Workplace</td>
<td>£99</td>
<td>($125)</td>
</tr>
<tr>
<td>5</td>
<td>Bullying &amp; Harassment in the Workplace</td>
<td>£99</td>
<td>($125)</td>
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</table>

**Packages You Could Make**

**Equality & Diversity**

5 or more courses bought at the same time = 10% off and that is added automatically in the shopping basket. Or you can buy individually one at a time.

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Intercultural Communication</td>
<td>£89</td>
<td>($109)</td>
</tr>
<tr>
<td>2</td>
<td>Active Listening Skills</td>
<td>£89</td>
<td>($109)</td>
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<tr>
<td>3</td>
<td>Nonverbal Communication &amp; Body Language</td>
<td>£127</td>
<td>($153)</td>
</tr>
<tr>
<td>4</td>
<td>Giving and Receiving Effective Feedback</td>
<td>£99</td>
<td>($125)</td>
</tr>
<tr>
<td>5</td>
<td>Presentation Skills</td>
<td>£127</td>
<td>($153)</td>
</tr>
</tbody>
</table>

**Communication Skills**

5 or more courses bought at the same time = 10% off and that is added automatically in the shopping basket. Or you can buy individually one at a time.

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Conflict Management</td>
<td>£127</td>
<td>($153)</td>
</tr>
<tr>
<td>2</td>
<td>Dealing with Difficult People</td>
<td>£99</td>
<td>($125)</td>
</tr>
<tr>
<td>3</td>
<td>SMART Goals</td>
<td>£89</td>
<td>($109)</td>
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</tbody>
</table>

**1st-Time Manager**

5 or more courses bought at the same time = 10% off and that is added automatically in the shopping basket. Or you can buy individually one at a time.

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Negotiation Skills</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>8</td>
<td>Critical thinking</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>9</td>
<td>Problem Solving in the Workplace</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>10</td>
<td>Creativity &amp; Innovation</td>
<td>TBC</td>
<td>TBC</td>
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<tr>
<td>11</td>
<td>Effective Speaking Skills in the Workplace</td>
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TBC = To be confirmed
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Price £</th>
<th>Price $</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Train the Trainer (Online Course)</td>
<td></td>
<td>$125</td>
</tr>
<tr>
<td>2</td>
<td>Starting Your Own Website/Blog</td>
<td></td>
<td>$69</td>
</tr>
<tr>
<td>3</td>
<td>Building Traffic to Your Site/Blog</td>
<td></td>
<td>$69</td>
</tr>
<tr>
<td>4</td>
<td>SEO for Beginners (Online Course)</td>
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<td>$89</td>
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<tr>
<td>5</td>
<td>3-Course Bundle (3 courses above)</td>
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<td>$169</td>
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<tr>
<td>6</td>
<td>DDA Audits and Compliance</td>
<td>£25</td>
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</tbody>
</table>

Prices are subject to change. Very latest prices can be found on [symondsresearch.com](http://symondsresearch.com)

*Train the Trainer Online (Self Study) ➔ Get started today!*