

SymoTraining

Full Symonds Training (classroom) Training Course List

Discounts

3 or more courses -15% off

5 or more courses – 20% off

10 or more course – 25% off

No.	Title	Price £	Price \$
1	Mental Health Awareness at Work	£85	\$115
2	Introduction to Mindfulness	£137	\$179
3	Unconscious (No) Bias Training	£85	\$115
4	Conflict Management	£137	\$179
5	Dealing with Difficult People	£97	\$127
6	Time Management	£137	\$179
7	Starting a Home Business	£137	\$179
8	Digital Marketing	£137	\$179
9	DDA	£115	\$149
10	SMART Goals	£85	\$115
11	Menopause at Work	£85	\$115
12	Writing for the Web	£97	\$127
13	Digital Wellbeing	£85	\$115
14	Life Planning & Goal Setting	£97	\$127
15	Environmental Awareness	£85	\$115
16	Mindfulness for Sleep & Anxiety	£85	\$115
17	Avoiding Mental Burnout	£85	\$115
18	Marketing Essentials	£107	\$139
19	SEO for Beginners	£97	\$127
20	Intro to Qualitative Market Research (2 days)	£137	\$179
21	Mindfulness for Busy People (Short Course)	£85	\$115
22	Intercultural Communication	£85	\$115
23	Intro to Online Security at Work	£85	\$115
24	Active Listening Skills	£85	\$115
25	Assertiveness	£85	\$115

26	Communication Skills	£85	\$115
27	Emotional Intelligence	£85	\$115
28	Anger Management	£85	\$115
29	Body Language	£85	\$115
30	Questioning Skills	£85	\$115
31	Dealing with Staff Sickness & Return to Work	£85	\$115
32	Business Meetings Skills	£85	\$115
33	Coaching for Managers	£85	\$115
34	Problem Solving in the Workplace	£85	\$115
35	Influencing People	£85	\$115
36	Delegation Skills	£97	\$127
37	Presentation Skills	£137	\$179
38	Creativity & Innovation	£85	\$115
39	Using LinkedIn to Promote Your Business	£85	\$115
40	Personal Branding for Trainers	£85	\$115
41	Email Marketing	£85	\$115
42	Stress Management in the Workplace	£85	\$115
43	Confidence Building	£85	\$115
44	Building Professional Resilience for Business	£85	\$115
45	Mindfulness for the Workplace	£137	\$179
46	Digital Wellness	£85	\$115

Online Courses (eLearning – Login online complete in your own time)

No.	Title	Price £	Price \$
1	Train the Trainer (Online Course)	£125	\$159
2	Starting Your Own Website/Blog		\$83
3	Building Traffic to Your Site/Blog		\$83
4	SEO for Beginners (Online Course)		\$107
5	3-Course Bundle (3 courses above)		\$203
6	DDA Audits and Compliance	£25	
7	Train the Trainer Advanced	£125	\$159
8	Personal Branding for Trainers		\$107

Prices subject to change. Very latest prices can be found on symondsresearch.com

[Train the Trainer Online \(Self Study\) → Get started today!](#)