

## BUILDING CONFIDENCE AND SELF-ESTEEM

6 February 2023  
1.00pm - 5pm VIA Zoom

## TEAM MEMBER

TO

## TEAM LEADER

The Aspiring Manager  
6, 13 & 27 March  
9.30am - 12pm via Teams

## ADHD AWARENESS

For UNISON members who work with young people with Attention Deficit Hyperactivity Disorder and would like to increase their understanding

15 March 2023  
10am - 12.30pm Via Zoom

## Neurodiversity Understood

28 March 9.30am - 1pm  
Delivered via MS Teams

Gain an introductory understanding of neurodiversity and Learn to recognise and celebrate the positives of thinking differently

## EXCEL IMPROVERS

18 & 19 APRIL 2023  
(10.00AM - 1.00PM)  
VIA MS TEAMS

For existing Excel users who want to learn more advanced features e.g. Conditional Formatting, IF statements and complex formulas

## EXCEL BEGINNERS

22 & 23 Feb  
10am - 1pm via MS Teams

- creating a worksheet
- creating tables using borders and colour
- using filters & AutoSum



## Deaf Awareness and Intro to British Sign Language

8 March 9:30am - 12:30pm. Via Zoom

Run by Nottinghamshire Deaf Society

This introductory session will help you support deaf and hard of hearing people by:

- exploring effective ways of communicating
- providing an awareness of needs. And
- looking at some basic sign language



FREE FOR UNISON EAST MIDLANDS MEMBERS

## Dementia Awareness

22 MARCH 2023  
9:30AM - 1PM VIA MS TEAMS  
HOSTED BY THE OPEN UNIVERSITY



## Special Educational Needs (SEN) Training

For members who work with children and adults who have Special Educational Needs and would like to increase their understanding of SEN

18 April 2023  
10am - 12.30pm Via Zoom

## Living with and Managing Anxiety

24 April 1.00pm - 5.00pm  
Via Zoom



Free courses for members. For further details visit:  
<https://eastmidlands.unison.org.uk/members/>

## BEREAVED BY SUICIDE

24 April 2023  
10.15am - 12.45pm via Zoom

Delivered by Cruse Bereavement Care

## BUILDING A WEBSITE USING WORDPRESS

16 & 17 MAY  
10AM - 1PM  
VIA MS TEAMS

An introductory course to guide you through the basic steps to design, create and maintain your first webpage



## MENTAL HEALTH AWARENESS

9 MAY  
1.30PM - 5.00PM  
VIA MS TEAMS

Delivered by The Open University



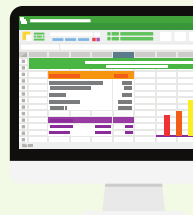
## Supporting Children With Challenging Behaviour

17 May  
10am - 12.30pm  
Via Zoom

Explore strategies and practical solutions

## Excel Dashboard

7 & 8 JUNE  
10AM - 1PM VIA MS TEAMS



## NEURODIVERSITY FOR MANAGERS



12 JUNE  
9.30AM - 1PM  
VIA MS TEAMS

Delivered by Adjust Services, specialists in Neurodiversity



## Effective Communication Skills

12 June 2023 1pm - 5pm  
via Zoom

## Conflict Management

21 June 10am - 12.30pm

Via Zoom

Delivered by 2Resolve



## Loss and Bereavement

5 JULY 2023  
2.15pm- 4.45pm via Zoom  
Delivered by Cruse Bereavement Care

Free course for UNISON members who may need to support colleagues and service users who are coping with bereavement

## Caring for Adults

SUITABLE FOR THOSE WORKING IN ENVIRONMENTS GIVING CARE TO ADULTS AND ELDERLY

OPEN UNIVERSITY | 20 JULY 2023 | MS TEAMS  
9:30AM - 1PM

At the end of the session attendees will receive a certificate of completion from The Open University



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