



**UNISON National Courses
FREE Learning for UNISON Members**

2026



For schools members and those working directly with children and young people



Mental Health impact of climate change on children and young people

members working in education and across the public services, this webinar explores the psychological impact of climate change, particularly its effects on children, young people, and those who support and care for them. We'll explore key emotional responses such as eco-anxiety, climate grief, and the complex interplay between hope and despair.

28 January
16:00-17:00pm
Online

learning.unison.org.uk/events/mental-health-impact-of-climate-change-on-children-and-young-people/



Conflict Management for school support staff

understand how to respond to anger and aggression calmly and effectively, recognise the stages of conflict escalation, and plan ahead for managing difficult situations. You'll learn strategies to diffuse anxiety and aggression, improve your awareness of body language, and maintain a safe physical distance using Positive Defensive Standing (PDS) to achieve the most positive and safe outcome for everyone involved.

11th & 12th February
16:00-17:00pm
Online via Zoom

Two 90 minute sessions | Up to 30 spaces

learning.unison.org.uk/events/conflict-management-for-school-support-staff/



Supporting Children and Young People through Bereavement Seminar

The session provides a greater awareness of the impact of bereavement on children, young people and their families. It looks at the understanding of death at different stages of development and how children and young people respond to grief.

25 February
16:00-17:00pm
Online

This seminar gives you the tools and confidence to support children and young people who are dealing with bereavement.

learning.unison.org.uk/events/supporting-children-and-young-people-through-bereavement-seminar/

Neurodiversity Learning



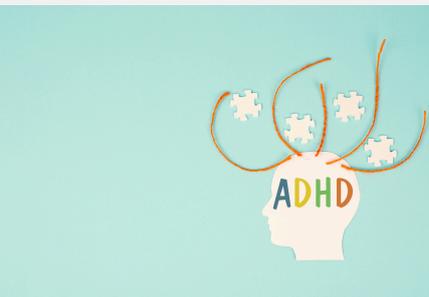
Autism awareness when working with adults

Gain a clearer understanding of what autism is and the key differences you may encounter when working with autistic people. You'll learn about common sensory sensitivities, communication challenges, and the role of special interests—along with their benefits and drawbacks.

17 February
09:00-12:00pm
Online via zoom

The course also equips you with practical strategies to support autistic individuals confidently and promote positive behaviour.

learning.unison.org.uk/events/autism-awareness-when-working-with-adults/



ADHD Awareness when working with adults

This ADHD training course will help you understand what ADHD is, the barriers it can create, and its impact on individuals. You'll learn about assessment, diagnosis, and possible treatments, along with practical strategies to adapt your practice when supporting people with ADHD.

2 March
13:30-16:30pm
Online via zoom

By the end, you'll gain a toolkit of approaches to promote positive interactions and relationships, and feel more confident working with individuals who have ADHD.

learning.unison.org.uk/events/adhd-awareness-when-working-with-adults/

Intro to neurodiversity Webinar

Booking opens soon:

24/04/2026
09/07/2026
05/10/2026
07/12/2026



Dealing with violence & Aggressions in the workplace

This session, delivered by 2Resolve, will show you how to communicate effectively and how to apply practical strategies to de-escalate and resolve conflict.

29 January
09:00-12:00pm
Online via Zoom

Learning Outcomes

By the end of this session, participants will be able to:

- Identify how to effectively plan for managing angry and aggressive people
- Recognise the different stages of conflict escalation
- Utilise strategies to diffuse and calm anxious and aggressive people
- Remain calm and composed to ensure the most positive outcome
- Understand how to respond to anger and aggression appropriately and effectively
- Interpret body language and be more aware of the signals that you are projecting
- Maintain physical 'safe' distance and demonstrate Positive Defensive Standing (PDS).

During the session, attendees should expect to have their camera on and interact with the tutor and other attendees via their mic and the group chat.

Spaces are limited and will be allocated on a first come, first served, basis.

learning.unison.org.uk/events/dealing-with-violence-and-aggression-in-the-workplace/

The same learning will also go ahead on the following times / dates via zoom

4 June
13:30-16:30pm
Online via Zoom

learning.unison.org.uk/events/dealing-with-violence-and-aggression-in-the-workplace-june-2026/

12 October
09:00-12:00pm
Online via Zoom

learning.unison.org.uk/events/dealing-with-violence-and-aggression-in-the-workplace-october-2026/



Lone working awareness



This course is aimed at members who are required to work alone or visit service users or clients at their homes or other locations outside of the office.

This virtual course will increase your understanding of the risks associated with lone working and the key legislation that relates to this, including responsibilities of employers and employees.

You will learn how to plan visits to reduce personal safety risks, how to complete dynamic risk assessments and how to deal with potentially aggressive situations. It will be delivered via Zoom by an experienced specialist tutor.

2 February
13:30-16:30
online via zoom

On completion of this Lone Worker Training course you will be able to:

- Understand the dual responsibilities of employers and employees for reducing risk
- Understand why you need a clear plan when lone working
- Discuss what lone working is and identify specific risks that lone workers face
- Have a clear understanding of key legislation that relates to lone working
- Risk assess lone working situations
- Interpret body language and be more aware of the signals that you are projecting
- Use practical techniques to manage aggressive situations

Participation expectations

Attendees should expect to fully participate in this session involving up to 30 people. If possible, you should have your camera on and interact with the tutor and other attendees via your mic and the group chat.

learning.unison.org.uk/events/lone-working-awareness-february-2026/

The same learning will also go ahead on the following times / dates via zoom

17 June
09:00-12:00pm
Online via Zoom

learning.unison.org.uk/events/lone-working-awareness-june-2026/

16 October
13:30-16:30pm
Online via Zoom

learning.unison.org.uk/events/lone-working-awareness-october-2026/



Introduction to Loss and Bereavement Awareness

This 60 minute online webinar delivered on Zoom is suitable for all members with an interest in understanding the effect that loss and bereavement can have on those around us, especially service users and colleagues.

26 February
12:00-13:00pm
Online via
zoom

The session will focus on offering attendees a greater awareness of the impact of bereavement and grief and how to respond and support bereaved people, whether they are colleagues, clients, customers, friends or family and is delivered in a lecture format. To accommodate any questions or comments that may arise we have two experienced trainers in attendance, ensuring that all needs are met.

learning.unison.org.uk/events/introduction-to-loss-and-bereavement-awareness-26/

Loss & Bereavement workshop

28 April
01 June

General Loss and bereavement awareness

10 August

COMING
SOON



Deaf Awareness Workshop

This session will identify the communication differences of Deaf and hearing people, building up an awareness of the many challenges faced by the Deaf community. This will be an insightful session encompassing many elements of daily life that present additional challenges for Deaf people and people with hearing loss. This interactive session will demonstrate ways that the hearing world can work with the Deaf community to promote equality and inclusion.

5 February
09:30 - 12:30pm
Online via
Microsoft Teams

learning.unison.org.uk/events/deaf-awareness-february-2026/



Introduction to BSL - Webinar

This engaging session is designed to help you begin developing your BSL vocabulary while gaining valuable insight into Deaf culture and the experiences of Deaf people in everyday life.

16 March
12:00-13:00pm
Online via
Microsoft Teams

Through hands-on learning and guided practice, you'll explore key signs, basic communication techniques, and the importance of inclusion and accessibility.

learning.unison.org.uk/events/introduction-to-british-sign-language-march-2026/

Deaf Awareness Workshop

24 March
23 July
3 November

Introduction to deaf awareness - webinar

5 May

**COMING
SOON**

EXCEL IF function workshop



Out of all the Excel functions, the IF function is probably the most useful. It lets us tell Excel to look for a condition and perform one action if it is true or another action if it is false. The IF Function doesn't stop there, though - it will also let you count only those items in a list that meet your criteria, or let you define several criteria that can be either dependent or mutually exclusive.

11 February
09:30 - 12:30pm
Online via
Microsoft Teams

This half day course uses our own Excel worksheet to take you through the different uses of the IF Function. There is plenty of scope for questions, and each section comes with a series of exercises, to let you get to grips with your new knowledge.

learning.unison.org.uk/events/the-excel-if-function-2/

Top Tips for EXCEL



This course will take you through ten different aspects of Excel that will take the functionality of your spreadsheets to a new level.

14 April
09:30-12:30pm
Online via
Microsoft Teams

Each lesson is around 20 minutes long, and they range from ways to make your page look nicer with professional formatting tips, to gathering data that is easier to analyse, to building a data-dashboard.

Attendees should be reasonably comfortable with the IF and LOOKUP functions.

learning.unison.org.uk/events/top-tips-for-excel/

Member Learning

<https://learning.unison.org.uk/events/>



FREE UNISON LEARNING

Empower your future and learn with your union.

UNISON is committed to lifelong learning. We partner with adult education organisations and train our own tutors to ensure every member has the opportunity to gain valuable skills for both work and everyday life.



From confidence building, CV writing, EXCEL, bereavement awareness, money skills and more.

Learning is FREE for UNISON Members.

Scan this code to find out what courses are on offer.



Skills for Work advice and guidance

We are delighted to offer a FREE, personalised, careers advice service to UNISON members.

To request your consultation, complete the form below and one of our team will get in touch with you with more information.

UNISON working in partnership with Learning Curve.

Any information given below is solely for UNISON use and will not be shared with Learning Curve or any other third party.

learning.unison.org.uk/college/skills-advice/