

# UP-SKILLING YOUR TEAMS

---

We recognise that many organisations want to deliver training and development in house, but may need some up-skilling as well as additional theory, practical application and feedback to be able to deliver effective sessions.

We run a number of programmes for HR and Learning and Development Teams as well as leaders and managers to be able to develop and deliver internal programmes and up-skill colleagues in core skills.

These programmes include:

- Project Management
- Facilitation
- Chairing and running effective meetings
- Leading and managing change
- Coaching and mentoring skills and leading with a coach led approach
- Career transition and outplacement
- Leading your organisation with a wellbeing approach

