



# Course Catalogue

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Key: Video-Based Course 

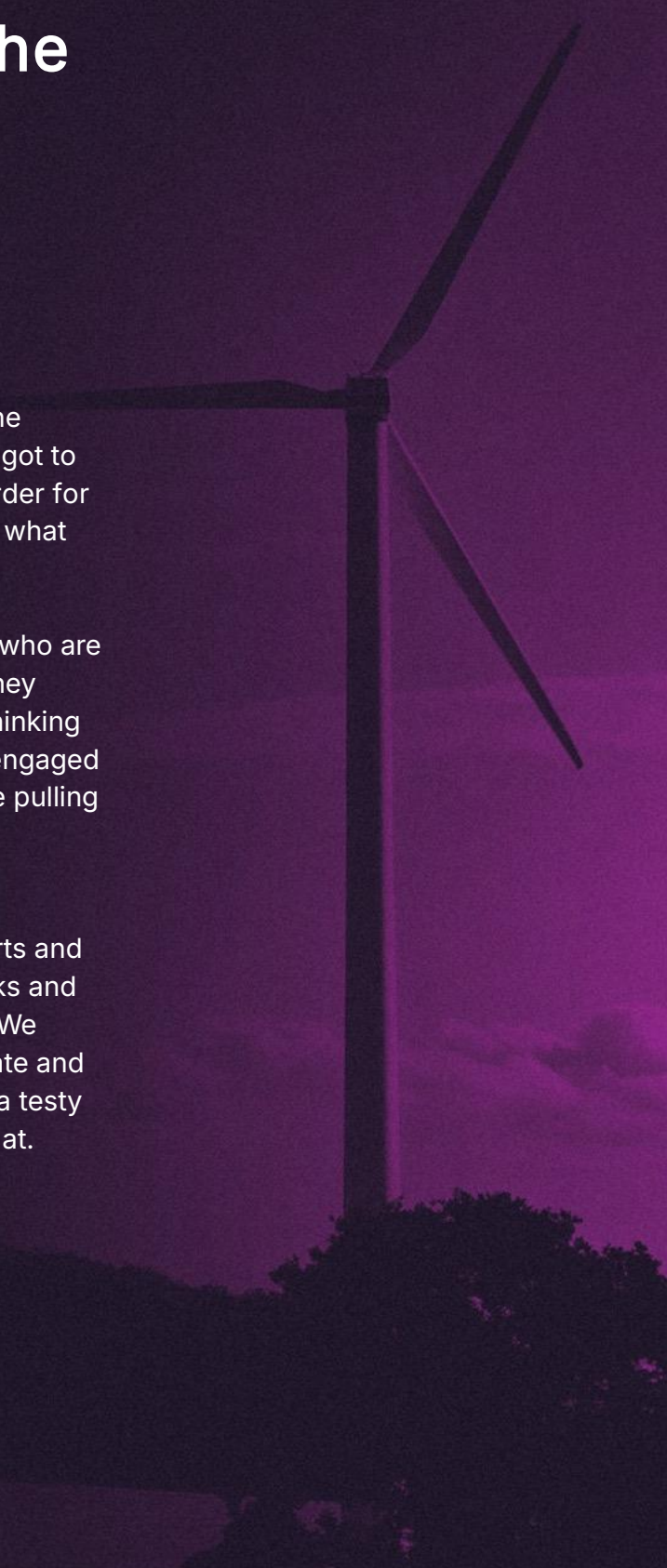


# Barbour is on a mission to reinvent the impact that compliance training can have.

In our business, it's not enough to make someone aware of risks. That's par for the course. We've got to change people's behaviour. That can be a tall order for an eLearning course, but day-in, day-out, that's what we aspire to do.

We believe it's our duty to empower companies who are fighting the good fight. To turn them into what they should be: strong and resilient businesses. By thinking big, and starting small. By switching on one disengaged employee, with one really relevant course. We're pulling out the stops to turn compliance training from a 'necessary evil' to a 'necessary good'.

We see ourselves as warriors in a battle for hearts and minds. Experts at switching people on to the risks and pitfalls of today's commercial-ethical minefield. We believe that risk must be relevant, it must resonate and ring true. Embedding it in the consciousness of a testy employee – that's an art form, and one we excel at.





Our mission:

**Drive**  
behavioural  
change.

# Our Promise



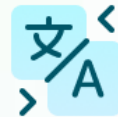
## Global courses

Barbour partners with leading global organisations and ensures that courses are in line with global best practice and regional legislation.



## Staying on top of global trends

Barbour compliance experts follow global trends and release courses on upcoming regulations and key emerging topics.



## Easy translation

All of the training can be made available in multiple languages.



## In-browser editing

All of the courses can easily be tailored with an intuitive, simple interface to change any text or customise the colours and branding.



## Accessibility

All courses adhere to WCAG 2 accessibility guidelines and include audio narration.



## Courses tailored to your job role

Courses adapt to the job role and risk level of each learner to deliver the right content to the right person.



## Multi-year learning plans

Each topic includes base courses, refreshers, Take 5s and Knowledge Checks to ensure that you can train with fresh content every year.



## Regular course updates

As regulations evolve, Barbour ensures that courses remain up to date with legislation and best practice.



## Different styles for different learners

The catalogue includes text-based courses, video-based training, gamified learning, adaptive learning and more.



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# Compliance Suite



# Compliance

Barbour compliance courses, developed in collaboration with 60 top global law firms, are designed to ensure that organisations remain compliant in a landscape of ever-changing regulations.

It isn't enough to implement 'standard' compliance training since each industry and jurisdiction has its own set of requirements. Barbour courses are tailored to the specific regulations of your jurisdiction and feature scenarios relevant to your industry.



# Key Legislation

## Anti-Money Laundering (AML)

**UK:** The Money Laundering Regulations 2017 and the Proceeds of Crime Act 2002

**UK:** Economic Crime and Corporate Transparency Act

**EU:** The Fifth and Sixth Anti-Money Laundering Directives (AMLD5 & AMLD6)

**USA:** The Bank Secrecy Act (BSA) and the USA PATRIOT Act

## Anti-Bribery

**UK:** The Bribery Act 2010

**UK:** Economic Crime and Corporate Transparency Act

**EU:** EU Treaty Article 83(1) and the UK Bribery Act 2010

**USA:** The Foreign Corrupt Practices Act (FCPA)

## Fraud and Fair Competition

**UK:** The Fraud Act 2006 and the Competition Act 1998

**UK:** Economic Crime and Corporate Transparency Act

**EU:** Treaty on the Functioning of the European Union (TFEU) Articles 101 and 102

**USA:** The Federal Trade Commission Act and the Sherman Act

## Sanctions

**UK:** The Sanctions and Anti-Money Laundering Act 2018

**EU:** Common Foreign and Security Policy (CFSP)

**USA:** Office of Foreign Assets Control (OFAC) Regulations

## Whistleblowing

**UK:** The Public Interest Disclosure Act 1998

**UK:** The Sanctions and Anti-Money Laundering Act 2018

**EU:** The EU Whistleblower Protection Directive (2019)

**USA:** Sarbanes-Oxley Act (SOX) and Dodd-Frank Act

## Conflicts of Interest

**UK:** The Companies Act 2006 and FCA Handbook (SYSC 10)

**EU:** MiFID II (Markets in Financial Instruments Directive)

**USA:** Sarbanes-Oxley Act (SOX)

## Modern Slavery

**UK:** The Modern Slavery Act 2015

**EU:** EU Strategy on the Eradication of Trafficking in Human Beings

**USA:** The Trafficking Victims Protection Act (TVPA)

## Tax Evasion

**UK:** The Criminal Finances Act 2017

**UK:** Economic Crime and Corporate Transparency Act

**EU:** The EU Council Directive 2011/16 in Relation to Cross-Border Tax Arrangements (DAC6)

## FCA Compliance

**UK:** FCA Handbook

**EU:** MiFID II (Markets in Financial Instruments Directive)

## SRA Compliance

**UK:** SRA Standards and Regulations 2019







## Anti-Money Laundering

Adventures in Anti-Money Laundering	Global	45
Anti-Money Laundering Adaptive	UK	90
Anti-Money Laundering Fundamentals	UK Global	45
Anti-Money Laundering Advanced	UK Global	60
Anti-Money Laundering: A 30-Minute Refresher	UK	30
Anti-Money Laundering: Know Your Risk	UK	30
AML Legislation	UK EU	5
Due Diligence	UK	20
Enhanced Due Diligence	UK	5
Know Your Customer	Global	5
Terrorist Financing	Global	15
Proliferation Financing: Managing Global Risk	UK Global	15
Politically Exposed Persons	Global	5
Reporting Suspicious Activity	Global	5
Accounting Red Flags	UK	5
Preventing Money Laundering (Challenge)	Global	5
AML Knowledge Check	UK	5
AML Global Knowledge Check	Global	5

## Sanctions

Understanding Sanctions	Global	10
Working with Sanctions	Global	15
Sanctions and Their Impact – A Case Study on Russia	Global	20
Global Sanctions – A Diplomatic Challenge (Knowledge Check)	Global	5
Sanctions: Complying with International Restrictions	Global	30
Sanctions: Know Your Transaction	UK	20
Sanctions: Latest Developments	UK	5
Export and Import Controls	Global	40
Customs Declarations	Global	5
Financial Sanctions	Global	5



Dangerous Goods Shipments	Global	10
Title Transfer and Incoterms	Global	5
Trade Controls	Global	5
Sanctions Knowledge Check	UK	5
Sanctions Knowledge Check 2	UK	5

## Anti-Bribery

Anti-Bribery Fundamentals	Global	35	
Anti-Bribery Global	Global	30	
Anti-Bribery: The Basics	UK	15	
Anti-Bribery and Corruption Adaptive	UK USA	60	
Global Anti-Bribery and Corruption Adaptive	Global	55	
Beating Bribery	Global	25	
Working with the Bribery Act	UK	20	
FCPA: Know Your Deal	USA	20	
International Legislation	Global	5	
Associated Persons and Due Diligence	Global	5	
Gifts and Hospitality	Global	5	
Interacting with Public Officials	Global	5	
Is it Bribery?	Global	5	
Anti-Bribery Knowledge Check	UK	5	
Global Anti-Bribery Knowledge Check	Global	5	
FCPA Knowledge Check	USA	5	

## Conflicts of Interest

Conflicts in the Workplace: Understand Your Influences	UK	25
Conflicts of Interest	Global	15
Conflicts of Interest Knowledge Check	UK	5



## Responsible Business

Code of Conduct	Global	45
Risk Management: Fundamentals	Global	20
Respecting Human Rights in Business	Global	20
Responsible Retailing of Alcohol (Challenge)	Global	15
Business Continuity	Global	35
Risk Management Knowledge Check	UK	5

## Fraud and Fair Competition

Understanding Fraud: Identify and Prevent Workplace Fraud	Global	40	
Fraud: Failure to Prevent	Global	20	
Fraud & Market Abuse: A Practical Overview	UK USA	20	
Detecting and Preventing Supply Chain Fraud	Global	5	
Avoiding Anti-Competitive Activity Adaptive	UK	45	
Avoiding Anti-Competitive Activity	Global	25	
Competing Fairly	Global	30	
Fair Competition Dos and Don'ts	Global	5	
Interacting with Competitors	Global	5	
Interacting with Customers and Suppliers	Global	5	
Antitrust: Know Your Market	USA	20	
Antitrust Around the World	Global	5	
Insider Trading: Fundamentals	USA	20	
Insider Trading	Global	10	
Product Liability	Global	15	
Securities Law: Know Your Trade	USA	20	
Bid Suppression	Global	5	
Collusive Bidding	Global	5	
Leaking Bid Information	Global	5	
Commercially Sensitive Information	Global	5	
False Invoicing	Global	5	
Unethical Supplier Practice	Global	5	





Competition Law Knowledge Check	UK	5
Fraud: Failure to Prevent Knowledge Check	Global	5

## Whistleblowing

Whistleblowing	UK	30
Whistleblowing Adaptive	Global	30
Whistleblowing: Understand Your Rights	UK EU USA	30
Your Role in Creating a Speak Up Culture	Global	5

## Tax Evasion

Tax Evasion	Global	20
Tax Evasion: Failure to Prevent	UK	45
Tax Evasion: Failure to Prevent (Short)	UK	15
Tackling Tax Evasion	UK	10
DAC6 Fundamentals	UK EU	20
DAC6 Advanced	UK UK	30
Criminal Finances Act: A Practical Overview	UK	20
UK MDR: What's Changed?	UK	5
Tax Evasion Knowledge Check	UK	5
DAC6 Knowledge Check	UK EU	5

## Modern Slavery

Working with the Modern Slavery Act	UK	15
Modern Slavery: Preventing Exploitation	UK Global	20
Modern Slavery: Practical Overview	Global	20
Modern Slavery: Practical Steps for Procurement	UK	15
Modern Slavery Transparency Statements	UK	10
What is Modern Slavery?	UK	5
Identifying Modern Slavery in the Supply Chain	UK	5
Modern Slavery Knowledge Check	Global	5



## FCA Compliance

Introduction to FCA Regulation	UK	20
FCA Conflicts of Interest	UK	45
FCA Client Money and Assets	UK	90
SMCR: The Senior Managers and Certification Regime	UK	45
Market Abuse Regulation	UK	60
Financial Sanctions	UK	30
FCA Complaints Handling	UK	15
FCA Consumer Duty: A New Standard of Customer Care	UK	30
Treating Customers Fairly	UK	40
Safeguarding: Keeping Our Customers Safe	UK	20
Vulnerable Customers in Financial Services	UK	30
Vulnerable Customers Knowledge Check	UK	5
Market Abuse Knowledge Check	UK	5





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# Information Security and Data Protection Suite



# Information Security and Data Protection

The true power of an organisation lies not in its data or technology, but in the people entrusted with managing, protecting, and utilising those assets responsibly. This human element, with its strengths and vulnerabilities, is at the heart of today's data-driven and technology-driven business environment.

Legislation such as the General Data Protection Regulation (GDPR) provides rigorous standards for handling personal data and imposes serious penalties for non-compliance. To help navigate this landscape, our suite of courses offers clear guidance on GDPR principles and global data protection norms, tailored to employees in diverse roles with varying degrees of data interaction.



# Key Legislation

## UK

The UK General Data Protection Regulation (GDPR)

The Data Protection Act 2018

## EU

General Data Protection Regulation (GDPR)



## GDPR

Data Protection Adaptive	UK Global	60
GDPR: Privacy at Work	UK	30
Personal Data Protection	EU	50
GDPR in 10 Minutes	UK EU	10
Understanding Personal Data	UK EU	5
Responsibilities Under the GDPR	UK EU	5
Binding Corporate Rules and Data Protection	UK EU	5
Individual Rights Under the GDPR	UK EU	5
Reporting a Personal Data Breach	UK EU	5
The Right to be Forgotten (Erasure)	UK EU	5
GDPR Knowledge Check	UK	5
GDPR Knowledge Check for Marketing	UK	5
HR & GDPR Knowledge Check	UK	5
GDPR Technical Measures Knowledge Check	UK	5

## UK GDPR

Data Protection: A UK Outlook	UK	20	
GDPR: A Practical Overview for All Staff	UK	25	
GDPR: A Practical Overview	UK	45	
Working with the GDPR and UK Data Protection Act	UK	15	
GDPR: The Basics	UK	15	
Information Request (Challenge)	UK	10	
Freedom of Information	UK	20	
PECR: Getting to Grips	UK	30	
GDPR Advanced - Data Protection Legislation	UK	5	
GDPR Advanced - Data Protection Impact Assessments	UK	5	
GDPR Advanced - Conditions for Processing	UK	5	
GDPR Advanced - Privacy Notices	UK	10	
GDPR Advanced for Data Protection Officers	UK	5	
GDPR Advanced for Marketing Professionals	UK	5	



GDPR Advanced for HR Professionals	UK	5
GDPR Advanced for IT Departments	UK	5


## Global Data Protection and Best Practice

Data Protection: A Global Outlook	Global	45
Introduction to Personal Data Protection	Global	25
Securing Personal Data	Global	5
Using Big Data Ethically	Global	5

## US Data Privacy


Data Privacy: Fundamentals	USA	20
Data Privacy in the US	USA	10
HIPAA: Securing Health Information	USA	45
California Privacy Rights Act (CPRA)	USA	10
GDPR: An American Perspective	USA	10
Data Privacy Knowledge Check for the US	USA	5
HIPAA Knowledge Check	USA	5
GDPR for the US: Knowledge Check	USA	10

## Information Security

Information Security: A Practical Overview	Global	30	
Introduction to Information Security	Global	35	
Information Security: Background and Best Practice	Global	60	
Records Management	Global	25	
PCI DSS – Front Line	UK	15	
PCI DSS – Back Office	UK	15	
Internet, Email and Social Media	Global	30	
Using Social Media (Challenge)	Global	15	
Social Media Awareness	Global	10	
Using Email and the Internet Securely	Global	5	
Protecting Information (Digital Risks)	Global	5	


Protecting Information (Physical Risks)	Global	5
Protecting Physical Property	Global	10
Protecting Intellectual Property	Global	10
Handling Different Types of Data	Global	5
Consequences of Information Leaks	Global	5
Using Portable Storage Devices	Global	5
Securing Mobile Devices	Global	5
Information Security Knowledge Check	Global	5

## Cyber Security

Cyber Security: Journey to Safety	Global	30	
Cyber Security Adaptive	Global	30	
Cyber Etiquette: Journey to Safety	Global	10	
Cyber Risk: Journey to Safety	Global	20	
Cyber Security: Practical Applications	Global	20	
Social Media: Communicating at Work	Global	20	
Email@Risk	Global	15	
Phishing Awareness	Global	5	
Ransomware	Global	5	
Understanding Social Engineering	Global	5	
Setting a Secure Password	Global	5	
Protecting Your Identity	Global	5	
Consequences of Cybercrime	Global	5	
Phishing Challenge	Global	5	
Phishing Challenge 2.0	Global	5	
Phishing Challenge 3.0	Global	5	
Phishing Challenge 4.0	Global	5	
Cyber Knowledge Check	Global	5	
Cyber Security Knowledge Check: The Basics	Global	5	
Cyber Security Knowledge Check: Social Engineering	Global	5	
Cyber Security Knowledge Check: Passwords	Global	5	

Cyber Security Knowledge Check: Phishing	Global	5
Social Media Knowledge Check	Global	5

## Artificial Intelligence

Understanding AI: Opportunities and Risks	Global	25	
AI and Data Privacy	Global	10	
AI and Intellectual Property	Global	10	
AI and Discrimination	Global	10	
AI and Conducting an Effective Risk Assessment	Global	10	
AI and Cyber Security	Global	15	
Plagiarism in the Age of AI	Global	30	





# Health & Safety Suite



# Health & Safety

At the core of a productive workforce is the assurance of personal health and safety. Ensuring the wellbeing of employees is not just a legal obligation but a fundamental responsibility for every business. Implementing robust health and safety measures protects workers and contributes to a positive, efficient work environment. The Barbour Health & Safety suite offers a comprehensive range of training courses designed to empower businesses to create safer workspaces across various industries.

Courses in our Health & Safety suite are approved by the leading health and safety bodies: RoSPA and IOSH.



# Key Legislation

## UK

Health and Safety at Work Act 1974 (HSWA)

The Manual Handling Operations Regulations 1992 (MHOR)

The Management of Health and Safety at Work Regulations 1999 (MHSWR)

The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)

## EU

Framework Directive 89/391/EEC on Safety and Health of Workers at Work

## USA

Occupational Safety and Health Act (OSHA)



## Workplace Safety

Health and Safety: Rights and Responsibilities	UK	15	
Heat and Hot Weather Safety	UK	30	
Health and Safety for Office Workers	UK	15	
Health and Safety for Office Workers: Adaptive	UK	15	
Health and Safety for Onsite Workers	UK	60	
Personal Protective Equipment (Challenge)	UK	Global	50
Remote Working	UK	30	
Hybrid Working	Global	40	
Lone Working	UK	30	
Slips and Trips	UK	Global	25
Slips and Trips (Challenge)	Global	20	
Avoiding Slips and Trips	Global	5	
Electrical Safety	UK	25	
Drugs and Alcohol at Work	UK	40	
New and Expectant Parents	UK	45	
Personal Safety	UK	20	
Violence and Aggression	Global	20	
The California Workplace Violence Prevention Law	USA	20	
Your Health and Safety (Challenge)	UK	10	
Preventing the Spread of Infection	Global	5	
Can You Spot the Hazard?	Global	5	
Personal Protective Equipment	Global	5	
Safety Signs Knowledge Check	UK	5	


## Sitting, Posture and Lifting

DSE - Display Screen Equipment	UK	Global	30
DSE: Exercises	Global	10	
DSE: Pregnancy	Global	10	



DSE Refresher	Global	10
Manual Handling	UK Global	30
Manual Handling (Challenge)	Global	30
Spinal Awareness: Improving Your Posture	Global	5
Spinal Awareness: Managing the Risks of Spinal Injury	Global	5
Spinal Awareness: Stretching Exercises	Global	5
Spinal Awareness: Understanding Your Spine	Global	5

## Safeguarding

Safeguarding Essentials	UK	60	
Safeguarding Adults	UK	60	
Safeguarding Adults: Adaptive	UK	60	
Safeguarding Children	UK	60	
Young Carer Aware	UK	50	
Preventing Radicalisation and Extremism	UK	30	

## Vehicle, Plant and Equipment Safety

Abrasive Wheels	UK	30
Driving at Work	UK	25
Ladder Safety	UK	45
Lift Truck Safety	UK	25
Lifting Operations and Lifting Equipment Regulations	UK	20
Lock Out Tag Out	UK Global	60
PUWER	UK	25
Working at Height Advanced	UK	30
Working at Height Essentials	UK Global	25
Hand and Arm Vibration	UK	15
Check Your Vehicle Before Driving at Work	UK	5
Preparing for Your Journey	UK	5

## Hazardous Substances

Hazardous Substances	UK Global	20
COSHH (Hazardous Substances)	UK	50
Hazardous Substances (COSHH) Refresher	UK	10
Lab Safety	Global	30

## Fire Safety

Fire Safety Awareness	UK Global	30
Fire Wardens	UK	90
Fire Safety (Challenge)	UK	30
Don't Get Burnt	Global	5
Fire, Can You Handle It?	UK	5

## Food Safety

Food Safety Level 1	UK	50
Food Safety Level 2	UK	120
Food Safety Level 3	UK	120
Food Allergies	UK	25

## Environmental Sustainability



ESG: Fundamentals	Global	20
ESG: The Basics	Global	5
ESG: Practical Applications	Global	45
Supply Chain Due Diligence	Global	10
What is Sustainability?	Global	10
Climate Change: Understanding the Challenge	Global	15
Environmental Awareness: A Global Outlook	Global	30
Business Sustainability Management	Global	5
Sustainable Travel	Global	10
Eco-Driving	Global	5

Pollution	Global	15
Saving Energy and Water	Global	15
Recycling Food and Organic Waste	Global	10
Working Towards Zero Waste	Global	15
Non-Recyclable Waste	Global	5

## Specialist Environments

Noise at Work: Identifying and Reducing Risks	UK	20
Asbestos Awareness	UK	40
CDM Regulations	UK	25
Legionella	UK	50
Legionella and Water Safety	UK	25
Confined Spaces Awareness	Global	20
Confined Spaces (Challenge)	Global	5

## Emergency Response

Planning for the Unexpected: Emergency Response	UK	45	
First Aid Essentials	UK	45	
Evacuation Safety	UK	30	
Pandemic Awareness	Global	30	
Active Shooter: Emergency Response	Global	5	
Bomb Threat	Global	5	
Civil Unrest	Global	5	
Explosions (Challenge)	Global	5	
Medical Emergency: On the Scene	UK	5	

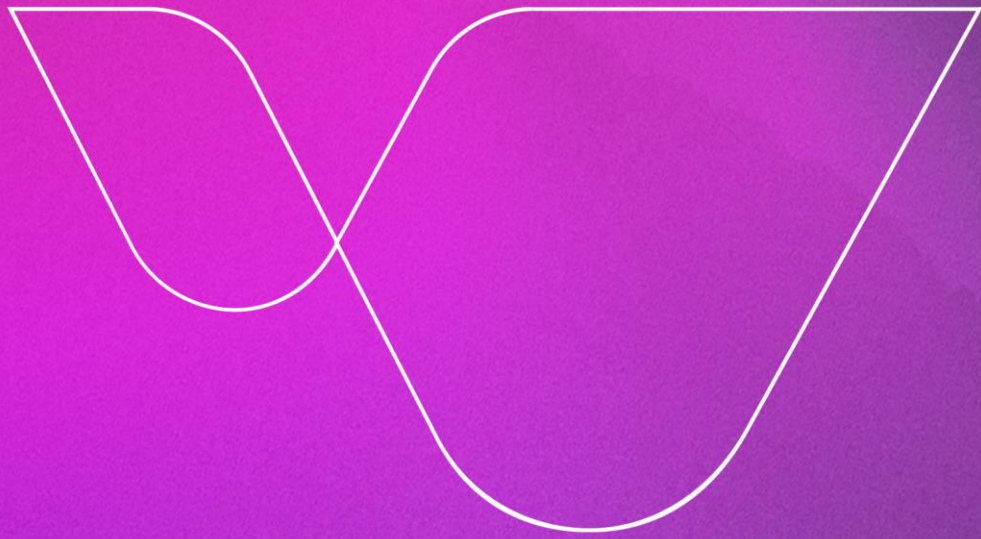
## Health and Safety for Duty Holders

RIDDOR	UK	25
Accident Investigation	UK	20
Managing Health and Safety	UK	55
Manager's Overview of Health and Safety	UK	30



Management of Contractors	UK	30
Health and Safety for Directors	UK	5
Risk Assessment	UK Global	45
Risk Assessment (Challenge)	UK	15
Working with Young People	UK	20
Introduction to Premises Management	UK	25





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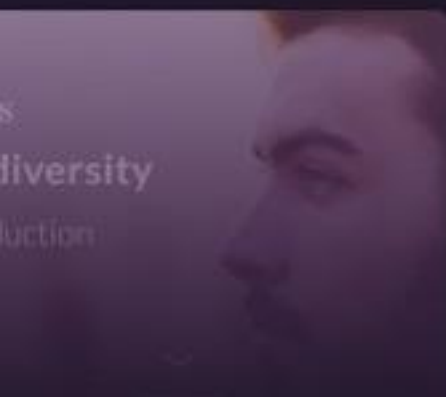
# Diversity and Inclusion Suite

# Diversity and Inclusion

The Diversity and Inclusion suite trains staff to welcome people from all walks of life and treat others fairly and equally. This is something too important to be taught in simplistic or clichéd terms. The Barbour suite includes engaging, nuanced, and sensitive modules in numerous formats that will help the learner understand the challenges different people face, and gain the wisdom to navigate the complex social and regulatory challenges of today's workplace.

Our training promotes the respect and inclusion of people of all different races, gender identities, sexual orientations, ages, and physical and mental differences. Courses help learners empathise with the challenges that different types of people face, spot harmful unintentional gestures, ally with and advocate for colleagues who need support, and manage problematic situations when needed. Special care is given to raising awareness of our unconscious biases and adapting our language to reflect and encourage a more inclusive work environment.

This suite will provide learners with a strong and solid framework from which they can contribute to a harmonious and diverse company culture while working better together as a team.





## Diversity Awareness

Disability Confidence	UK	40	
Visible Difference: Sultan's Story	UK	5	
Inclusion Essentials	Global	90	
Sexual Orientation: Lived Experience	Global	20	
Sexual Orientation	Global	50	
Religion and Belief	Global	10	
Gender and Sexuality Awareness	Global	40	
Introduction to Intersectionality	Global	30	
Neurodiversity	Global	30	
Cultural Awareness	Global	15	
Trans and Non-Binary Awareness	Global	15	
Supporting Trans and Non-Binary People at Work: Manager's Guide	Global	15	
Gender Equality	Global	15	
Socio-Economic Wellbeing	Global	15	
Disability Inclusion	Global	10	
Gender Identity	Global	10	
Menopause at Work	Global	30	
Diversity & Inclusion: Manager Skills in Focus	UK Global	60	
Diversity Knowledge Check	Global	5	

## Promoting Respect and Inclusion

Disability Inclusion: Building Better Workplaces	UK	40	
Disability Inclusion: Recruitment	UK	10	
Visible Difference: A Guide for Employers	UK	5	
Living with HIV: A Guide for Managers	UK	10	
Living with HIV: Mark's Story	UK	5	
LGBTQ+ Inclusion	Global	10	
Supporting an Employee in Mourning	Global	10	
Religion & Belief: Bereavement	Global	20	
Allyship	Global	30	





How to be an Ally	Global	10
Diversity & Inclusion: Engaging with Others	UK Global	30
Inclusion Awareness Knowledge Check	Global	5

## Bullying and Harassment

Tackling Sexual Harassment at Work: A Complete Guide	UK	45	
Understanding and Confronting Sexual Harassment at Work	Global	15	
Sexual Harassment: A Practical Overview	UK	60	
Sexual Harassment: A Practical Overview	USA	60	
Sexual Harassment: The Worker Protection Act (2023)	UK	10	
Recognising Sexual Harassment	UK USA	10	
Banter in the Workplace	Global	15	
Bullying and Harassment: Effective Interventions	Global	15	
The Effective Bystander	Global	20	
Bystander Intervention in Focus	UK Global	30	
Sexual Harassment: Knowledge Check		10	

## Bias Awareness

An Introduction to Unconscious Bias	Global	35	
Understanding Unconscious Bias	Global	60	
What is Unconscious Bias?	Global	15	
Unconscious Bias: Adaptive	Global	15	
Diversity and Inclusion: Unconscious Bias in Focus	Global	30	
Race Bias in the Workplace: A Guide for Managers	Global	40	
Understanding Race Bias	Global	20	
Tackling Age Bias	Global	30	
Understanding and Tackling Gender Bias	Global	30	
Understanding Gender Bias	Global	15	
Tackling Gender Bias	Global	15	

## Problematic Behaviour





Tackling Problem Behaviour	Global	60	
Tackling Problem Behaviour (Short Course)	Global	15	
The Impact of Micro-Behaviours	Global	30	
The Impact of Micro Behaviours (Short Course)	Global	15	
Microaggressions in the Workplace	Global	15	
Facing Anger and Emotion in the Workplace	Global	15	
Domestic Abuse: Supporting Employees in the Workplace	Global	30	
Racism in the Workplace	Global	15	

## Equality Legislation

Introduction to UK Equality Legislation	UK	25	
Introduction to UK Equality Legislation for Managers	UK	25	
Introducing Equality Impact Assessments	UK	25	
Implementing Reasonable Adjustments	UK	20	
The Public Sector Equality Duty	UK	10	
Working Effectively with the Equality Act	UK	30	

## Supporting Working Carers

Supporting Working Carers	UK	Global	30	
Supporting Working Carers: Advice for Managers	UK		5	
Supporting Working Carers: Advice for Carers	UK		5	
Supporting Working Carers: Looking After an Ageing Relative	UK		5	
Supporting Working Carers: Looking After a Disabled Child	UK		5	
Supporting Working Carers: The Importance of Disconnecting	UK		5	
Supporting Working Carers (Short Film)	UK		15	
Supporting Working Carers: Personal Stories	UK		30	
Supporting Working Carers: Knowledge Check	UK		5	
Supporting Working Carers: Documentary	UK		10	

The background image shows a person from behind, walking on a paved path that leads towards a mountain range. The sky is a deep red, and a large, white, stylized 'W' graphic is superimposed over the scene, framing the person and the path. The overall mood is one of journey and achievement.

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safe in our knowledge

# Performance and Leadership Suite

# Performance and Leadership

Great companies start with great employees, and managers who know how to bring out the best in them. The Barbour Performance & Leadership suite provides the tools to help bring all those elements together.

Communications training can help employees at all levels to give and receive effective feedback and gain the confidence to hold sensitive conversations with their co-workers. Managers sometimes struggle to manage and motivate workers, set individual and team objectives, and balance conflicting priorities and needs. Many people are afraid to even broach topics like mental health and stress in the workplace.

The Performance and Leadership suite also includes courses on recruitment and customer support, essential but often overlooked functions that separate good companies from great ones. All courses are CPD-certified, come in different lengths and formats, and can be customised for your company's needs.





## Communication

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## Difficult and Sensitive Conversations

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Conducting Effective Interviews

Global

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## Customer Support / Customer Service

Complaints and Compliments

Global

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Providing Great Customer Service

Global

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Who is Your Customer?

Global

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The Three Cs of Customer Service

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The Importance of Great Customer Service

Global

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## Disciplinary and Grievance

Disciplinary Matters

Global

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Informal Disciplinary Conversations

Global

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Formal Disciplinary Meetings

Global

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Disciplinary Investigations

Global

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Managing Disciplinary

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Disciplinary and Grievance

UK

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Understanding Grievances

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## Mental Health

Mental Health in the Workplace: Overview

UK

Global

60



Mental Health: Doing the Right Thing

UK

Global

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What is Mental Health?

Global

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Spotting Mental Health Red Flags

Global

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Recognising Anxiety and Depression

Global

5

Supporting Your Colleagues' Mental Health

Global

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Building Resilience

Global

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Resilience

Global

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Online Wellbeing

Global

10



Wellbeing and Remote Working

Global

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Mental Health Knowledge Check

Global

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## Stress

Mental Health: Stress Less

UK

Global

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Mental Health: Managing Stress

UK

Global

15



Stress Management at Work

UK

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Stress Awareness

Global

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Managing Your Personal Stress

UK

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Identifying Stress in Your Team

Global

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## Healthy Living

Healthy Living Awareness

UK

Global

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Drug and Alcohol Awareness

UK

Global

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Healthy Lifestyle - Drink

UK

Global

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Healthy Lifestyle - Exercise

UK

Global

5

Healthy Lifestyle - Food

USA

5

Healthy Lifestyle - Sleep

UK

5

Work Life Balance (Challenge)

UK

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