



# CPD COURSES

VILO, in collaboration with The skills network offers a range of short courses to help you with your Continued Professional Development (CPD).

Gain access to exciting and flexible online learning content, and study where you like and when you like. All of our short courses are delivered online and are auto-marked, meaning that feedback is instant.

Our short, bite-sized CPD courses are interactive and engaging, and take on average just two hours to complete.

#### Benefits:

- A great addition to your CV to show commitment in a chosen industry and beneficial for improving overall general knowledge
- Study online with auto-marked assessments. This programme can be completed in your own time.

<b>OUR CPD COURSES</b>
<b>Health and Safety</b>
<a href="#"><u>Principles of Internet Safety</u></a>
<a href="#"><u>Safeguarding Adults and Children</u></a>
<b>Business, Leadership and Management</b>
<a href="#"><u>Conflict Management</u></a>
<a href="#"><u>Discipline in the Workplace</u></a>
<a href="#"><u>Induction of New Staff</u></a>
<a href="#"><u>Leading and Motivating a Team</u></a>
<a href="#"><u>Organising and Delegating</u></a>
<a href="#"><u>Performance Management</u></a>
<a href="#"><u>Planning and Allocating Work</u></a>
<a href="#"><u>Solving Problems and Making Decisions</u></a>
<a href="#"><u>Stress Management</u></a>
<a href="#"><u>Understanding Leadership</u></a>
<b>Health and Safety</b>
<a href="#"><u>COSHH Risk Assessment</u></a>
<a href="#"><u>DSE Risk Assessment</u></a>
<a href="#"><u>Fire Safety Principles</u></a>
<a href="#"><u>Health and Safety in the Workplace</u></a>
<a href="#"><u>Manual Handling Safety at Work</u></a>
<a href="#"><u>Prevention and Control of Infection</u></a>
<b>Health and Social Care</b>
<a href="#"><u>Alcohol Awareness</u></a>
<a href="#"><u>Dementia Awareness</u></a>
<a href="#"><u>Safeguarding Adults and Children</u></a>
<a href="#"><u>Sexual Health Awareness</u></a>
<a href="#"><u>Substance Misuse Awareness</u></a>
<a href="#"><u>Understanding Anxiety</u></a>
<a href="#"><u>Understanding Depression</u></a>
<a href="#"><u>Understanding Eating Disorders</u></a>
<a href="#"><u>Understanding Stress</u></a>
<a href="#"><u>Understanding the Safe Handling of Medication</u></a>
<a href="#"><u>Mental Health Awareness</u></a>
<a href="#"><u>Mental Capacity Act</u></a>

**Retail and Hospitality**[Prepare to Deliver Excellent Customer Service](#)[Food Safety Awareness](#)**Personal Development and Employability**[Essentials](#)[GDPR](#)[Induction Essentials](#)[Introduction to First Aid – Course 1](#)[Introduction to First Aid – Course 2](#)[Introduction to First Aid – Course 3](#)[Introduction to First Aid – Course 4](#)[Personal Money Management](#)[Rights and Responsibilities](#)[Understanding Equality](#)**Health and Fitness**[Explore the Principles of Healthy Eating](#)[Principles of Weight Management](#)[Understand the Principles of Exercise and Fitness](#)