

# Employee Wellbeing eLearning



Employee wellbeing is vital to facilitate the smooth running of any company, as well as a legal requirement. Our eLearning courses will detail how to manage stress, bring awareness of depression and manage issues through mental health first aid.

## A List of Our Employee Wellbeing eLearning Courses:

- Conflict Resolution in the Workplace
- Developing a Workplace Mental Health Policy
- Mental Health Awareness
- Emotional Intelligence
- Autism Awareness
- Learning Disability Awareness
- Sexual Harassment in the Workplace
- ADHD Awareness
- Mental Health First Aid
- Supervising Mental Health at Work
- Stress Management
- Depression Awareness
- Managing Occupational Health and Wellbeing
- Epilepsy Awareness

**Optimum  
Safety.**

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Optimum Safety Limited No.10745542

# Our eLearning Information



Scan this QR code to  
view all of our courses



Our wide range of online courses written by industry experts allow you and your team to be compliant whilst benefitting from the flexibility of everywhere learning – not limited by place or time.

We have over 100 courses to choose from, including Health and Safety, Business Skills, Construction Safety, Hospitality, Food Hygiene, Employee Wellbeing, Fire Safety, and more.

We also provide bespoke face-to-face training e.g., site safety awareness, manual handling, and working at height. Our courses have the appropriate approvals and accreditations from highly regarded organisations and contribute to CPD.

Individual eLearning courses are priced from just £15. Contact us to discuss bulk discounts or unlimited access subscriptions. Optimum Safety's valued clients also receive a further 20% reduction on all listed prices.

To buy our courses, or for further information, contact the team using our contact details at the bottom of this leaflet.

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