

Wellbeing at Work short Course Dates for 2024/25

Date	Course	Location	Price (per person)
September 2024			
12 September 2024	NEBOSH/HSE Managing Stress at Work	Dunfermline	£320
26 September 2024	New for 2024/25 Reflective Practice	Dunfermline	£245
October 2024			
3 October 2024	Communicating with Emotional Intelligence	Dunfermline	£245
23 October 2024	Building Personal Resilience	Dunfermline	£245
November 2024			
14 November 2024	Managing Mental Health	Dunfermline	£245
19 November 2024	New for 2024/25 Creating a Safe & Healthy Work Environment	Dunfermline	£245
20 November 2024	Emergency First Aid at Work	Dunfermline	£130
20 – 22 November 2024	First Aid at Work	Dunfermline	£250
December 2024			
10 December 2024	Mental Health in the Workplace	Dunfermline	£245
January 2025			
February 2025			
13 February 2025	NEBOSH/HSE Managing Stress at Work	Dunfermline	£320
19 February 2025	New for 2024/25 Reflective Practice	Dunfermline	£245
25 February 2025	New for 2024/25 Managing & Supporting Young People in the Workplace	Dunfermline	£245
March 2025			
4 March 2025	Emergency First Aid at Work	Dunfermline	£130
4 – 6 March 2025	First Aid at Work	Dunfermline	£250
25 March 2025	Managing Mental Health	Dunfermline	£245
April 2025			
3 April 2025	Building Personal Resilience	Dunfermline	£245
May 2025			
1 May 2025	New for 2024/25 Creating a Safe & Healthy Work Environment	Dunfermline	£245
13 May 2025	Communicating with Emotional Intelligence	Dunfermline	£245
June 2025			
12 June 2025	Mental Health in the Workplace	Dunfermline	£245

If you don't see what you are looking for, please contact us to discuss your requirements, as we can also deliver bespoke courses to meet individual company needs either at our purpose-built training and conferencing venue, [Carnegie Conference Centre](#), or at your own premises.

To book your place, please call **0344 248 0153** or email sales@fife.ac.uk