

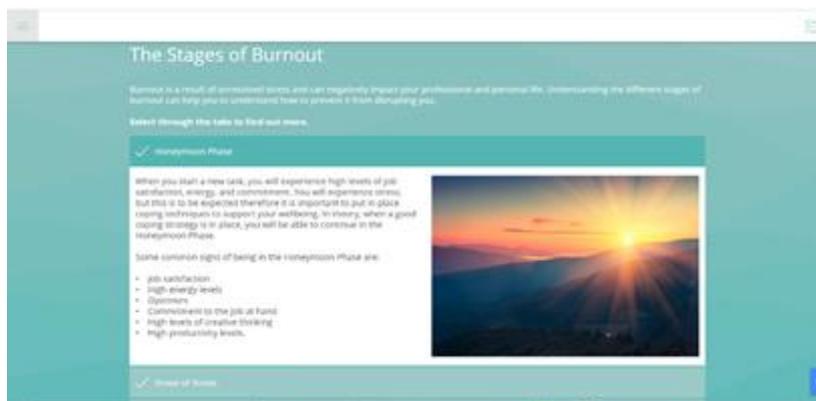
New and Updated Courses for Summer 2021

As the world begins to open up and we start to connect with each other again, people are feeling a range of emotions, from excitement to anxiety and possibly even grief over the losses experienced during the pandemic. Written in partnership with mental health professionals, our **5 new mental health titles** provide gentle guidance and practical advice on a range of issues including transition, loneliness, loss and trauma.

We have also reviewed **28 of our compliance titles** to ensure they adhere to the latest regulations.

We are constantly evolving our offering based on your feedback and learning best practice. We are now delivering our micro learning content in a mix of multimedia ensuring that we offer the most appropriate format and resources for the learning need. Our latest titles feature downloadable resources such as videos and infographics which can be used as part of learning and wellbeing campaigns. We hope you enjoy the new style.

Avoiding Burnout



Employee burnout has become more common in recent years, as organisations struggle to manage the impact increased workloads have on employees' mental wellbeing. Over time we will all experience feelings of depletion or mental exhaustion, it is important to recognise these feelings in ourselves and those who we work with. Once feelings of burnout have been identified having steps and measures in place to reduce those feelings or stop them from developing are vital in maintaining employee wellbeing.

Coping with Transition and Post Lockdown



As the UK social distance restrictions starts to ease following the impact of the COVID19 pandemic many of us may experience a mixture of emotions. Some will be happy and excited to get back to activities which have been stopped whereas some may still have concerns and anxiety because of the last 2 years. This module offers the learner the opportunity to explore techniques and methods to support themselves during a period of change but also how to offer support to someone else. Specifically looking at how to calm feelings of anxiety which appear when we are experiencing a period of change and adaption.

Understanding Loneliness



We all from time to time will experience a feeling of loneliness. We experience loneliness when the social interactions we need are not being met and loneliness is linked to many other physical and mental health conditions such as depression and obesity. Being able to identify when you or someone you know is experiencing feelings of loneliness can help to put in place early interventions. This course is designed to give learners an awareness of loneliness and ways in which support can be offered. The 5 different learning sections act as individual nuggets of information which can be downloaded and used individually or as part of the whole module. These learning assets can be used to create larger learning and development programmes.

Understanding Trauma



If we encounter a deeply distressing or disturbing experience this can cause a traumatic response within the body. Understanding how trauma can develop and progress over time allows us to understand more about helping those who have experienced a traumatic event. This module explores what trauma is and the ways it can impact someone. Learners will also be able to explore different techniques and suggestions on how to support someone in the moment of feeling trauma but also over a longer period of time. The 5 different learning sections act as individual nuggets of information which can be downloaded and used individually or as part of the whole module. These learning assets can be used to create larger learning and development programmes.

Understanding Grief and Loss



This module explores what it means to experience grief and loss. Looking at the 5 stages of grief set out by Elisabeth Kubler-Ross and the emotional impact loss can have on someone. Grief is the emotional suffering we feel when we've lost something or someone that has been significant to us, it is a natural human reaction to loss. This module is divided into 4 small sections, each looking at a different aspect of loss. The module is designed to give the learner an idea of how to support someone who has experienced loss.

Updated compliance titles

We are always reviewing our courses to ensure they continue to be compliant to the latest regulations. This quarter we have reviewed and updated the following:

Module Title	Status
Absence Management	Updated
Accountability & Governance under UK GDPR	Updated
Age	No Change Required
AML	Updated
An Introduction to UK GDPR	Updated
Anti-Slavery	No Change Required
Bribery & Corruption	Updated
Bribery Act 2010	No Change Required
Data Protection Act 2018	Updated
Disability	Updated
E&D Introduction	Updated
Fair Treatment of Customers	Updated
Finance for Non-Financial Managers	Updated
First Aid	Updated
Fraud Awareness	Updated
Gender Reassignment	Updated
Individual Rights under UK GDPR	Updated
Lawful Basis for Processing under UK GDPR	Updated
Marriage & Civil Partnership	No Change Required
Race	Updated
Religion or Belief	Updated
Sex Discrimination	Updated
Sexual Orientation	Updated
Sustainability	Updated
UK GDPR	Updated
Unconscious Bias	Updated
Workplace Bullying	Updated
Workplace Security	Updated

How these new courses and updates will be made available

Our 5 new mental health and wellbeing titles will automatically be added for those who subscribe to our mental health and wellbeing catalogue.

The compliance titles will automatically be updated for those who subscribe to our compliance library.

For more information about these, or any of our course catalogues please contact helpdesk@ea-learningtech.com