30m

Human Resources

Stress Awareness & Management Training

IOSH, CPD, IIRSM

THE SCRUM METHODOLOGY

35m

Project Management

The Scrum Methodology

CPD

25m

35m

Business Compliance

Cyber Security Awareness Training

CPD, IIRSM

30m

h & Safety

Training (Display n Equipment)

PD, IIRSM,

5m

CPD, Institute of

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With our easy-to-use learning platform and extensive library of accredited, high-quality courses, sorting your workplace training is a breeze.

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Why iHasco and Thirst?

Ensure your team stays compliant, engaged, and upskilled with industry-leading training content.

200+ Engaging Courses
Covering essential topics like Health & Safety, HR Compliance, Business Compliance, and Soft Skills.

High-Quality Video Content
Professionally produced courses with expert narration, engaging animations, and real-world scenarios.

Microlearning for Maximum Impact
Short, interactive courses (typically 20-30 minutes) designed for busy employees to complete at their convenience.

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Seamless Integration with Thirst
Track progress, manage certifications, and deliver learning in one fully customisable platform.

Online Training Courses

🌍 International versions available

Abrasive Wheels Safety

Accident Investigation 🌍

Accident Reporting

An Introduction to SSIP Certification Training Asbestos Awareness 🌍

Banksman Essentials

Bar Staff Training (Working in Licensed Premises)

Basic Life Support in Care (Standard 12 of the Care Certificate)

CDM Regulations

Compressed Air Safety 🌍

Confined Space Training - Working in Confined Spaces CoSHH

CPR & AED Refresher

Display Screen Equipment Training

Driver Awareness 🌍

DSEAR (Dangerous Substances and Explosive Atmospheres)

Dust Awareness Training

Electrical Safety

Emergency First Aid at Work Refresher

Eye-Protection Training

Fire Awareness 🌍

Fire Awareness in Care 🌍

Fire Awareness in Construction 🌍

Fire Awareness in Education 🌍

Fire Extinguisher Use

Fire Warden

Fire Warden in Care

Fire Warden in Construction

Fire Warden in Education

First Aid Appointed Person

First Aid at Work Refresher

First Aid Requirements and RIDDOR

Fluids & Nutrition in Care (Standard 8 Care Certificate)

Food Allergy Awareness Training

Food Safety & Hygiene Level 1

Food Safety & Hygiene Level 2

Food Safety & Hygiene Level 3

General Workshop Safety

HACCP (Level 2)

HACCP (Level 3)

Hand Arm Vibration

Handling Aggressive Behaviour

Health & Safety Essentials 🌍

Health & Safety for Managers and Supervisors

Health and Safety for Homeworkers

Health and Safety in Care (Standard 13 Care Certificate)

Hot Work

Infection Prevention & Control

Infection Prevention & Control in Care (Standard 15 Care Certificate)

Keeping Children Safe in Education (2023) Part 1

Keeping Children Safe in Education Draft Guidance (2024) Part 1

Keeping Children Safe Online 🌍

Ladder Safety 🌍

Legionella Awareness

Lift Equipment and Lifting Operations (International)

Lock Out Tag Out

LOLER 🌍

Lone Worker Safety

Manual Handling 🌍

Manual Handling (including Tyres)

Medication Awareness Training for Care

Medication Awareness Training for Schools

Moving & Handling People

Noise Awareness

Oral Care Training

PAT Testing Training

Paediatric First Aid Refresher

Permit to Work Training

Personal Protective Equipment

PUWER

Respiratory Protective Equipment (RPE)

Risk Assessment

Safeguarding Adults (Level 2)

Safeguarding Children (Level 2)

Safeguarding Children (Level 3)

Anaphylaxis & Allergy Training for Schools & Carers

Asthma Training for Schools & Carers

Diabetes Training for Schools & Carers

Epilepsy Training for Schools & Carers

School Trips for Management

School Trips for Organisers & Support

Sharps Training

Slips, Trips & Falls 🌍

Spill Kit Training - Body Fluids

Spill Kit Training - Chemicals and Oils

The Calorie Labelling (Out of Home Sector) (England) Regulations 2021: Government Guidance

The Fire Safety (England) Regulations 2022 - Updated Guidance Working at Height

HR Compliance Courses

Assessing Mental Capacity

Autism Awareness

Bullying & Harrassment - Employees

Bullying & Harrassment - Managers

Communication in Care (Standard 6 Care Certificate)

Conducting Appraisals

Conflict Resolution

Delivering Bad News

Dementia Awareness

Dementia Awareness for Carers

Deprivation of Liberty Safeguards

Disability Awareness & Inclusion

Disciplinary & Grievance

Domestic Abuse Awareness

Drug and Alcohol Awareness

Duty of Care Awareness (Standard 3 Care Certificate)

Effective Recruitment

Effective Remote Working

Equality & Diversity in Care (Standard 4 Care Certificate)

Equality, Diversity & Inclusion

FGM Awareness

Gender Identity & Expression

Handling Information in Care (Standard 14 Care Certificate)

HR Compliance & Wellbeing Essentials

Managing Anxiety

Managing a Remote Team

Menopause Awareness

Mental Health, Dementia & Learning Disabilities (Standard 9 Care Certificate)

Mental Health Awareness 🌐

Mental Health Awareness for Carers & Nurses

Mental Health Awareness for Management

Mental Health Awareness in Construction

Mental Health Awareness in Education

Neurodiversity Awareness

New and Expectant Mothers at Work

Onboarding Training

PCI DSS (Payment Card Industry Data Security Standards) Training

Person-centred Care (Standard 5 Care Certificate)

Personal Development in Care

Prevent Duty

Privacy & Dignity in Care (Standard 7 Care Certificate)

Probationary Periods

Resilience

Returning to Work

Returning to Work after COVID-19

Safer Recruitment in Education

Sexual Harassment Awareness 🌐

Sexual Harassment Awareness for Managers (text-based) 🌐

Stress Awareness

HR Compliance Courses

Time Management

Unconscious Bias for Employees

Unconscious Bias for Managers

Understanding Personality Types

Understand Your Role in Care

Using AI in your business: AI and the Law (text-based)

Using AI in your business: AI in the Workplace (text-based)

Using AI in your business: The Basics of Generative AI (textbased)

Using AI in your business: The Risks of AI (text-based)

Using AI in your business: What is AI? (text-based)

Women in Leadership

Young People in the Workplace

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Business Compliance Courses

🌎 International versions available

An Introduction to Employee Background Checks

An Introduction to ISO Certification

An Introduction to SSIP Accreditation

Anti-Bribery Training

Anti-Tax Evasion (Criminal Finances Act)

Anti Money-Laundering Training

Bomb Threats and Suspicious Packages

Business Compliance Essentials

Competition Law

Consumer Rights for Retailers - Digital

Consumer Rights for Retailers - Goods

Consumer Rights for Retailers - Services

Corporate Social Responsibility 🌎

Customer Service

Cyber Security 🌎

Energy Efficiency Awareness

Environmental Awareness

Ethical values and code of conduct

EU AI Act

Fraud Prevention

Freedom of Information Act

GDPR (UK)

GDPR Advanced for Management (UK)

GDPR EU

GDPR EU Advanced Training for Management

GDPR in Education (UK)

Managing Contractors

Modern Slavery

Professionalism in the Workplace 🌎

Right to Work Checks

Social Media Awareness

Waste Management Training

Women in Leadership 🌎

Whistleblowing

Soft Skills and Short Format Courses

Active Listening

Anger Management

An Introduction to Leadership

An Introduction to Search Engines

Brand Values and Value Proposition (text-based)

Building an Effective Marketing Plan (text-based)

Coaching & Mentoring

Communication Skills

Confidence Building

Content Marketing (text-based)

Creative Thinking

Critical Thinking

EAP (Employee Assistance Programmes) course bundle (text-based)

Effective Decision Making

Effective Meetings

Emotional Intelligence

Ethical Values & Codes of Conduct (text-based)

Giving & Receiving Feedback

Growth Mindset

Managing Change: For Managers

Microsoft Excel: The Basics

Microsoft Outlook: The Basics

Microsoft Powerpoint: The Basics

Microsoft Word: The Basics

Mindfulness

Organisational Skills

Positive Thinking Training

Presentation Skills

Problem Solving

Project Management Essentials

Recognising the Value of your Team

Recognising Your Value

Responding to Change

Setting Goals

Speaking Confidently

Teamwork Skills

The Role of Analysis in Marketing (text-based)

Understanding Marketing (text-based)

Understanding Marketing Channels (text-based)

Using AI in your Business course bundle (text-based)

Windows 11: The Basics

Writing Effective Emails

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Fun, **Bitesized Training** with iAM Learning on Thirst

Use storytelling to deliver fun, high-quality workplace training that people want to take.

iAM × thirst

Why iAM Learning and Thirst?

Ensure your team stays compliant, engaged, and upskilled with industry-leading training content.

300+ IOSH & CPD Certified Courses
Extensive eLearning collection with gold-standard learning outcomes.

Animated Learning
Helps aid visualisation and understanding of complex concepts and improves learning outcomes.

Train Your People in 15 Minutes or Less
Simple, quick and comprehensive upskilling in minutes when time is a factor.

Accessible & Translated Content
Train wherever you are via smartphone, tablet or laptop, with a selection of content now available in multiple languages.

High-Quality Training Guaranteed
Quality training is guaranteed - for your peace of mind, all courses are CPD-certified or IOSH-approved, so you know you're getting gold standard learning.

Seamless Integration with Thirst
Track progress, manage certifications, and deliver learning in one fully customisable platform.

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The Micro BM Collection

Social Media for Business

Sustainability & Net Zero z Schools

Greening the School Culture: From Theory to Practice

Soft Skills Collection

The Role of Luck (Taking Risks)
The Power of Passion & Perseverance
Speaking up for Yourself
Don't Fail Fast, Fail Mindfully
Being your Best Self
Personal Resilience
Building & Rebuilding Trust
Influencing, Persuading and Negotiating
Managing & Curating Your Network
Embrace Conflict

SEND Collection

SEND 101

Sales Skills Collection

Remote Selling
Understanding the Customer
Using Rapport
Selling in a Digital World
Presenting with Confidence
Sector Knowledge (Verticals)
Maintaining Commitment – Closing the Sale
Building your Brand on LinkedIn

Safeguarding Collection

Basic Safeguarding Awareness
Types of Abuse
Creating a Safeguarding Culture
FGM
Managing a Safeguarding Disclosure
Prevent
Helping People Stay Safe Online
Neglect
Whistleblowing
Understanding & Identifying Patterns of Grooming

Introduction to Safer Recruitment

Psychological Safety Collection

Safe Place to Fail – Learning from Mistakes
Dare to Disagree – Creating a Feedback Culture
I'm Not Ok – Spotting When Team Members Are Struggling
I'm Not Ok – How to Ask for Help
The Dangers of Echo Chambers
Safe Place to Fail – Creating a Fail Fast Environment
Dare to Disagree – Challenging Leadership Constructively
It's OK to Not Know Everything
Addressing a Blame Culture
Championing Others

Project Management Collection

The Agile Methodology
The Scrum Methodology
The Kanban Methodology
Project Management Lifecycle
The Lean Methodology

Power Skills Collection

Customer Success Management

Power Skills

Creating Effective Online Meetings
Active Listening
Preparing a Presentation
Sharing Ideas in Meetings
Critical Thinking
Dealing with Emotional and Angry Customers
How to Delegate
Strategic Thinking
Effective Questioning Skills
Assertiveness

Power Skills

Creating Effective Online Meetings
Active Listening
Preparing a Presentation
Sharing Ideas in Meetings

Critical Thinking
Dealing with Emotional and Angry Customers
How to Delegate
Strategic Thinking
Effective Questioning Skills
Assertiveness

PM&L: Team Performance

Understanding Employee Engagement
How to Manage a Toxic Employee
Successfully Managing a Remote Team
Setting Effective Goals for KPIs
Running Effective 121's
Developing Talent
Motivating your Team
Encouraging Employee Engagement
The Impact of Giving Accountability
Leading Global Teams
Performance Improvement Plan (PIP) - When are they needed?
Performance Reviews
Recognising a Skill vs. Will Performance Issue

PM&L: Looking after Your Team

Improving Mental Health in the Workplace
Targeting and Reducing Workplace Stress
You First: Leading From Within
Empathy in the Workplace
Improving Remote Worker Health & Wellbeing
Supporting Employees with Mental Health Issues
Being a Leader not a Counsellor
Lead with Empathy, not Ego
Supporting your Team
Managing Sickness

PM&L: Leadership Styles & Situations

Leadership in a Crisis
What is Digital Leadership?
Starting Out as a Digital Leader
Leadership Style: The Big 5
Understanding Contingency Leadership
Choosing your Leadership Style
What is Sustainable Leadership?
Transformational vs. Transactional Leadership

What is Agile Leadership?
Leadership in a Crisis
Leadership During a Pandemic
The Integrated Psychological Theory of Leadership
Brexit: Business Leaders FAQ
What is Mindful Leadership?
How Business Leaders Prepare for a Downturn
What is Authentic Leadership?

PM&L: Core Skills & Power Skills

Inspiring Action
Understanding Workplace Culture
Creating a Positive Workplace Culture
How to Encourage Honest Feedback
The Power of Getting to Know Individuals on Your Team
Remote Communication
Keep it Positive: Your Leadership Mindset
Avoiding Common Management Mistakes
Understanding Stakeholder Management
Attracting Great Employees
Maintaining Changes to Workplace Culture
Non-Verbal Communication - 8 Key Insights
Difficult Conversations
Mentoring

Office Health & Safety

Good Housekeeping
Setting up Your Home Office
Driving Safely (including Mobile Devices)
The Importance of Insurance
Office Desk Set Up
Active Shooter

Mental Health Collection

Social Media & Self Image
Anxiety
Warning Signs
Depression & Low Mood
Workplace Mental Health
Cyberbullying
Dealing with Suicidal Feelings
Cognitive Behavioural Therapy
Crisis Prevention
Dealing with Stress
Coping with Isolation

Relaxation

Worry & False Thinking

Responding to Difficult Events

Being Kind to Yourself

Drug Abuse Awareness

Paranoia

Panic Attacks

Sleep Problems

Self Harm

Social Media, Screens & Teens

Exam Stress

Attachment & Separation Anxiety

Eating Disorders

Talking about Men's Mental Health

Substance Use Disorder Advice (Signposts)

Mental Health & Wellbeing

Mental Health: How to Have a Conversation

Life Skills Collection

How do I Fact Check Misinformation?

What Affects my Credit Score?

Why is it important to Pay off my Credit Card?

How do I Save Money?

How do Pensions Work?

What do I do when Online Shopping goes Wrong?

What is Gaslighting?

How do I buy a House?

How do I Change a Baby's Nappy?

How do I Improve my Personal Security?

How do I Say No?

How to Use Social Media Properly

How do I add Soft Skills to my CV?

How do I Hack Happiness?

How do I Appear More Confident?

Keeping Children Safe in Education (KCSIE)

Recognising the Signs of Abuse

Disclosure

Child Centred Practice

Physical Abuse

Recording

Early Help

Keeping Children Safe in Education (KCSIE)

How to Create a Safeguarding Culture

Introduction to Safeguarding Culture

Safeguarding Thresholds

Allegations against Adults that work with Children

iAM Soft Skills Collection

Time Management

Effective Decision Making

Emotional Intelligence

Creating a Coaching Culture

How to Have an Honest Conversation

Personal Productivity

Collaborative Problem Solving

Communication Skills

Remote Worker 101 (Lifesaver)

The Power of Storytelling

Change Management

Conflict Management

Return to Work 101

Hybrid Working 101

Ask for Help

Combatting Imposter Syndrome

Turn off Work Thoughts During Free Time!

Dare to Disagree

Redefine Your Personal Average (Overcoming Challenges)

Confidence

Dealing with Stressful Situations

iAM Refreshing Collection

The Adventures of the Lone Worker (Refresher)

The Basics of Manual Handling (Refresher)

Working at Height (Refresher)

Working in Confined Spaces (Refresher)

Asbestos Awareness (Refresher)

Fire Safety Awareness (Refresher)

Human Resources Collection

Virtual Interviews

Modern Slavery

Selling Age Restricted Products

Managing Disciplinaries

Performance Management

Managing Grievances

Managing Absence

Sexual Harassment in the Workplace
Interview Skills

Health & Wellbeing Collection

The Importance of Exercise
The Importance of Sleep
Mental Health First Aider
Dangers of Night Working
Managing Shift Work
Kicking the Bad Habits
Menopause – Awareness at Work (Managers and Employees)
Menopause - Providing Support (for Managers)
Menopause - Asking for Support (for Employees)

Health & Safety Collection

Slips, Trips & Falls
PPE Essentials
The Basics of Manual Handling
Fire Safety Awareness
Risk Assessment Training
Lighting
Covid-19 Awareness
Personal Hygiene in the Workplace
Aggression & Violence
Introduction to Safe Systems of Work
General Workshop Safety Equipment
Getting In & Out of Buildings
Temperature
Welfare Facilities
Drugs & Alcohol at Work
Sharps
Defining Hazard & Risk
Winter Weather Awareness
Dealing with Terrorism Threats
Health Surveillance
Workplace Inspections
Construction Dust

Food Safety Collection

Allergy Awareness (15 Videos)
The Control of Cross Contamination
Food Safety & Hygiene Level 2 (Overview)

Financial Conduct Authority Collection

Good Governance - Anti-Money Laundering & Corporate Criminal Offences
Anti-Bribery & Corruption
PCI DSS
Whistleblowing
Competition Law
Insider Dealing
Consumer Duty

Establishing a Learning Culture Collection

Giving & Receiving Feedback

Environment & Sustainability Collection

Energy Efficiency
Corporate Social Responsibility
The Role of Eco-Innovation
Waste Management
Economic & Brand Benefits
Green Technology & Carbon Zero
Leading Ethical Decisions
Dealing with Food Waste, Water Waste and going Zero Waste
Workplace Recycling (Including Wishcycling)
Ethical Supply Chains
The Problem with Plastic
Social Injustice & The Environment

Digital Transformation Collection

Digital Transformation - Change Management
What is Digital Transformation?
AI and GDPR
AI - The Ethics of using it in the Business Environment
Digital Transformation and AI/Automation

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Cyber Security Collection

The GDPR Guru
Using a Strong Password
Viruses & Malware
Staying Safe Online
Phishing
Protection & Infection Control
The Internet of Things
Email Security
Spoofing Attacks
Denial of Service Attack
Subject Access Requests
Data Handling (Best Practices)
The Role of Data Protection Officers
Data Breaches
GDPR Overview
Working Remotely (But Safely)
Life in the Cloud
Fake News
Choosing The Right Cloud Vendor
WiFi Security
Stolen Devices
Protecting Your Personal Data
Disaster Recovery
Ransomware
Multifactor & 2F Authentication

Customer Service Collection

Customer Persuasion
Customer Empathy
Handling Complaints
Taking Responsibility
Clear Communication
The Art of Patience
The Use of Positive Language
Ability to Admit you Don't Have all the Answers
Having Tough Conversations
Controlling the Conversation

Creativity & Innovation Collection

Creative Thinking
Adaptability & Flexibility
Creativity & Innovation

Creating a Learning Culture

What's Your Learning Style?
The Growth Mindset
What is a Learning Culture?
Continuous Learning
Empowering Others

Compliance Collection

Workstations (DSE)
Accident Reporting Training
Plant & Machinery
Working with Substances Hazardous to Health
Electricity - The Shocking Truth
Noise
Abrasive Wheels
Introduction to First Aid
CDM Regulations
Driver Awareness Training
Control of Contractors
Eye Protection Training
Dangerous Substances & Explosive Atmosphere Regulations (DSEAR)
Hand Arm Vibration
Heavy Plant - Lift Truck Safety
Lifting Operations & Lifting Equipment Regulations (LOLER)
Spill Prevention & Control
Electrical Safety Training
RIDDOR for Schools
Radon Gas Induction

Coaching Collection

Coaching Best Practice & the 5 C's
Accountability & Growth Mindset in Coaching
Providing Structured Coaching Feedback
How to Become a Great Coach
Listening, Questioning & Rapport Building in Coaching
How to Set Coaching Goals

Career Management Collection

The Power of a Strong Network

Business Manager Collection

The Four Basics of HR
Cash Flow Statement Pro
Budget Like a Boss
Good Premises Management
P&L Explained
Maintaining a Healthy Cash Flow
The Balance Sheet Explained

BEDI Collection

Unconscious Bias
Bullying (Employees & Managers)
Equality, Diversity & Inclusion
Know your Worth (and Ask For It)
Recognising Privilege
Bring your Whole Self to Work (Authenticity)
Allyship in the Workplace
Gender Identity in the Workplace
Anti-Racism in the Workplace
Microaggressions in the Workplace
Disability in the Workplace
Creating a Workplace that Embraces Neurodiversity
The Importance of an Inclusive Workplace
BEDI Toolkit

60 Seconds Collection

Find Your Professional Voice
Finding Your Professional Self
Building Your Personal Brand
The Power of a Mentor
Connecting with your Business Goals
Preparing for 1:2:1's
Increasing your Influence
Showcase Your Accomplishments

marvellous learning ✕ thirst ✕

Empower Your People
with Marvellous Learning on Thirst

Build stronger leaders, healthier teams, and more sustainable organisations with courses spanning management, wellbeing, and climate change.

✕ PARTNER PROGRAMME

Why Marvellous Learning and Thirst?

Perfect for organisations that want to develop confident leaders, support employee wellbeing, and embed sustainability into workplace culture.

Practical & People-First
Courses designed to tackle real workplace challenges—from handling difficult conversations to managing team performance.

Leadership & Team Growth
Support managers and employees alike with training on goal setting, feedback, performance reviews, and conflict resolution.

Wellbeing at Work
Promote healthier, more connected teams with courses on mental health, resilience, and remote working.

Sustainability & Net Zero
Empower your workforce to take action on climate change with accessible carbon literacy and sustainability training.

Learning That Lasts
Encourage curiosity and lifelong learning with content that grows alongside your organisation's needs.

Seamless Access
All courses delivered directly through Thirst, keeping development simple, engaging, and scalable.

Handling difficult conversations

Whether you're navigating conflict or delivering difficult feedback, challenging conversations are inevitable at work. In this module, you'll learn how to handle them with confidence. You'll develop skills in active listening, structuring conversations, and creating a safe space for open dialogue. By the end, you'll feel more prepared to tackle tough topics, leading to better outcomes for everyone.

Developing your curiosity

What could you achieve by being more curious? Find out in this module, which explores the power of curiosity. You'll discover the different types of curiosity, see real-life examples, and learn simple habits to boost your curiosity. The result? Better performance and stronger relationships, both at work and home.

Remote working

Remote and hybrid work offers great benefits but comes with its own set of challenges. In this module, you'll learn how to navigate remote work while staying productive and maintaining good wellbeing. You'll discover how to stay connected with colleagues, set clear boundaries for a better work-life balance, and incorporate wellbeing activities into your day for a less lonely, healthier routine.

Looking after your mental health at work

Want to know how to protect and improve your mental health at work? In this module, you'll explore what wellbeing means and learn strategies to manage stress and build resilience in a way that works for you. From mindfulness to seeking support, you'll discover how small actions can make a big difference.

Connecting with your team

Want to strengthen your connections with your team? In this module for managers, you'll learn how to build trust, create rapport, and use active listening and empathy in everyday conversations. The result? A team where everyone feels heard and valued, boosting performance and helping you become a more effective, approachable leader.

Setting effective goals

Setting goals that get results is the key to success. In this module, you'll learn how to set clear, meaningful goals using simple strategies like the SMART framework. You'll discover how to make goals achievable, track your progress, and stay on course. By the end, you'll be equipped to set goals that truly make a difference.

Delivering feedback

Giving feedback is an essential part of being a great leader. In this module for managers, you'll learn how to time and frame your feedback for maximum impact, whether you're celebrating wins or offering guidance. You'll also discover how you can structure your feedback conversations using the E2C2 model to help your team grow and perform at their best.

Managing wellbeing at work

Giving feedback is an essential part of being a great leader. In this module for managers, you'll learn how to time and frame your feedback for maximum impact, whether you're celebrating wins or offering guidance. You'll also discover how you can structure your feedback conversations using the E2C2 model to help your team grow and perform at their best.

Navigating conflict effectively

Conflict at work can be stressful. In this module, you'll learn how to handle it in a way that helps, not hurts. You'll explore practical ways to tackle disagreements, see different perspectives, and stop issues from getting bigger. The good news? Managing conflict well can strengthen relationships, boost teamwork, and make your workplace a more positive place to be.

Supporting your remote team

Managing a remote or hybrid team comes with its own set of challenges. In this module for managers, you'll learn how to keep your team engaged and connected, wherever they're working. You'll discover practical tips on clear communication, encouraging teamwork, and setting healthy boundaries. The result? A positive team culture where everyone feels productive, collaborative, and supported.

Recognising unconscious bias

Unconscious bias shapes our behaviour without us even realising it. This module will help you spot and address unconscious bias in everyday situations. You'll see how biases affect decisions, discover simple strategies to create a more inclusive workplace, and make sure everyone's voice is heard. Small changes can make a big difference in building a fairer, more inclusive workplace.

Managing your teams performance

As a leader, it's up to you to help your team perform at their best. In this module, you'll learn how to make performance management a natural part of your role. You'll discover practical ways to have regular informal performance conversations, and how to prepare, handle, and follow up on formal ones. This will help you keep your team on track and handle tricky performance situations with confidence.

Your role as a leader

What does it take to become a great leader? In this module, you'll explore what true leadership really means. You'll learn when to lead, when to manage, and how to find the right balance between the two. With practical tips for delegating, coaching, and developing your team, this module will help build the essential skills to make a lasting impact as a leader.

It's not OK

What is and isn't okay in the workplace? In this module, you'll explore what respect means at work and why it matters. You'll learn how to spot harmful behaviours, set boundaries, and speak up when something feels off. Creating a respectful workplace starts with making everyday choices that help everyone feel safe and valued.

Making your performance review work for you

Make your performance review a powerful step in your professional development. In this module, you'll learn practical strategies to get the most out of the meeting, including how to prepare for success, embrace feedback with confidence, and advocate for yourself. These skills will help you move forward and guide your career in the direction you want.

Managing challenging situations

Whether you're delivering bad news or handling a crisis, dealing with challenging situations goes hand in hand with leadership. In this module for managers, you'll learn how to handle these moments with confidence. By exploring real workplace scenarios, you'll discover practical strategies for structuring difficult conversations, keeping things calm, and finding effective solutions.

Introduction to project management - planning and scoping

Ready to learn the basics of project management? This module will help you do just that, explaining how to plan, adapt, and tackle challenges as they come up. No need for fancy certifications—just practical tips to keep things on track, make smart decisions, and set your projects up for success.

Introduction to project management - managing your project

Your project is up and running. What's next? In this module, you'll learn how to keep it on track. From running effective meetings to managing risks and updating stakeholders, you'll pick up practical ways to stay in control. After all, a great project manager keeps everything running smoothly, focusing on more than just deadlines.

Introduction to project management - closing the project

A project isn't finished once the work is complete. It needs to be closed down properly. In this module, you'll learn how to wrap things up, from reviewing what worked to handing things over and celebrating success. The result? You'll be ready for the next big thing, without a flood of follow-up questions later on.

What is learning design?

Ready to design learning that truly works? In this module, you'll learn why it's essential to understand your learners, their needs, and the best ways to support them. You'll explore practical strategies to keep learning focused, engaging, and interactive, so that every course or activity you create delivers real impact.

Understanding the need for learning

An effective learning solution starts with understanding the problem you're solving. In this module, you'll learn how to create a clear problem statement that provides direction, helps you ask the right questions, and ensures learning is the right solution. With this foundation, you can design learning that truly delivers results.

Understanding your learners

To design learning that truly works, you need to understand your learners on a deeper level. In this module, you'll discover how to create learner personas and uncover their needs and challenges. You'll learn how to use these insights to design engaging learning experiences that connect with your audience and make a real impact.

Handling difficult conversations

Learn how to approach difficult conversations with ease through these practical activities.

Developing your curiosity

Learn how to be naturally more curious with these practical activities that will help you develop your curiosity and growth mindset.

Remote working

Learn how to balance remote working with these practical activities designed to help you stay productive, set boundaries, and prioritise your wellbeing.

Looking after your mental health at work

Learn how to improve your wellbeing at work through these practical activities.

Connecting with your team

Learn how to build strong connections with your team with these practical activities designed to help you put your learning into action.

Setting effective goals

Learn how to make your goals SMART and put them into action with these practical activities.

Delivering feedback

Learn how to provide great feedback with practical activities that will help you deliver it more effectively.

Managing wellbeing at work

Learn how to support your team with these practical activities designed to boost wellbeing and create a positive work environment.

Navigating conflict effectively

Learn how to manage conflict with these practical activities. Build confidence and handle disagreements effectively.

Supporting your remote team

Learn how to bring your remote team together and boost collaboration with these practical activities.

Recognising unconscious bias

Learn how to recognise and manage unconscious bias with these practical activities designed to help you make fairer decisions and create a more inclusive workplace.

Managing your teams performance

Learn how to manage performance with confidence by working through these practical activities designed to help you support and develop your team.

Your role as a leader

Learn how to lead with confidence and develop your skills with these practical exercises designed to help you balance leadership and management, delegate effectively, and support your team's growth.

It's not OK

Learn how to create a more respectful workplace with these practical activities.

Making your performance review work for you

Learn how to improve your wellbeing at work through these practical activities.

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Managing challenging situations

Learn how to take control of challenging situations and strengthen your skills with these practical activities.

Introduction to project management - planning and scoping

Learn how to plan and scope projects effectively with these practical activities, designed to help you build a strong foundation for successful project delivery.

Introduction to project management - managing your project

Learn how to keep your projects on track with these practical activities, designed to help you apply key project monitoring skills.

Introduction to project management - closing the project

Learn how to successfully transition your project to business as usual with these practical activities, designed to help you organise final tasks, gather meaningful feedback, and ensure a smooth handover—while celebrating your team's success.

What is learning design?

Learn how to design effective learning experiences and develop your skills with these practical activities, designed to help you create engaging, learner-centred content that drives real impact.

More courses also available:

Introduction to climate change and net zero
Understanding greenhouse gases
Why does net zero matter?
Where to get help and information
Working together for change
Saving energy
Managing waste
The carbon cost of technology
The carbon footprint of food
Carbon and travel
Business and net zero

Online Training

for the Workplace with Virtual College on Thirst

Certified courses cover everything from Health and Safety and Food Hygiene through to Personal Skills, all via our user-friendly learning platform.

PARTNER PROGRAMME

Virtual College by netex × thirst
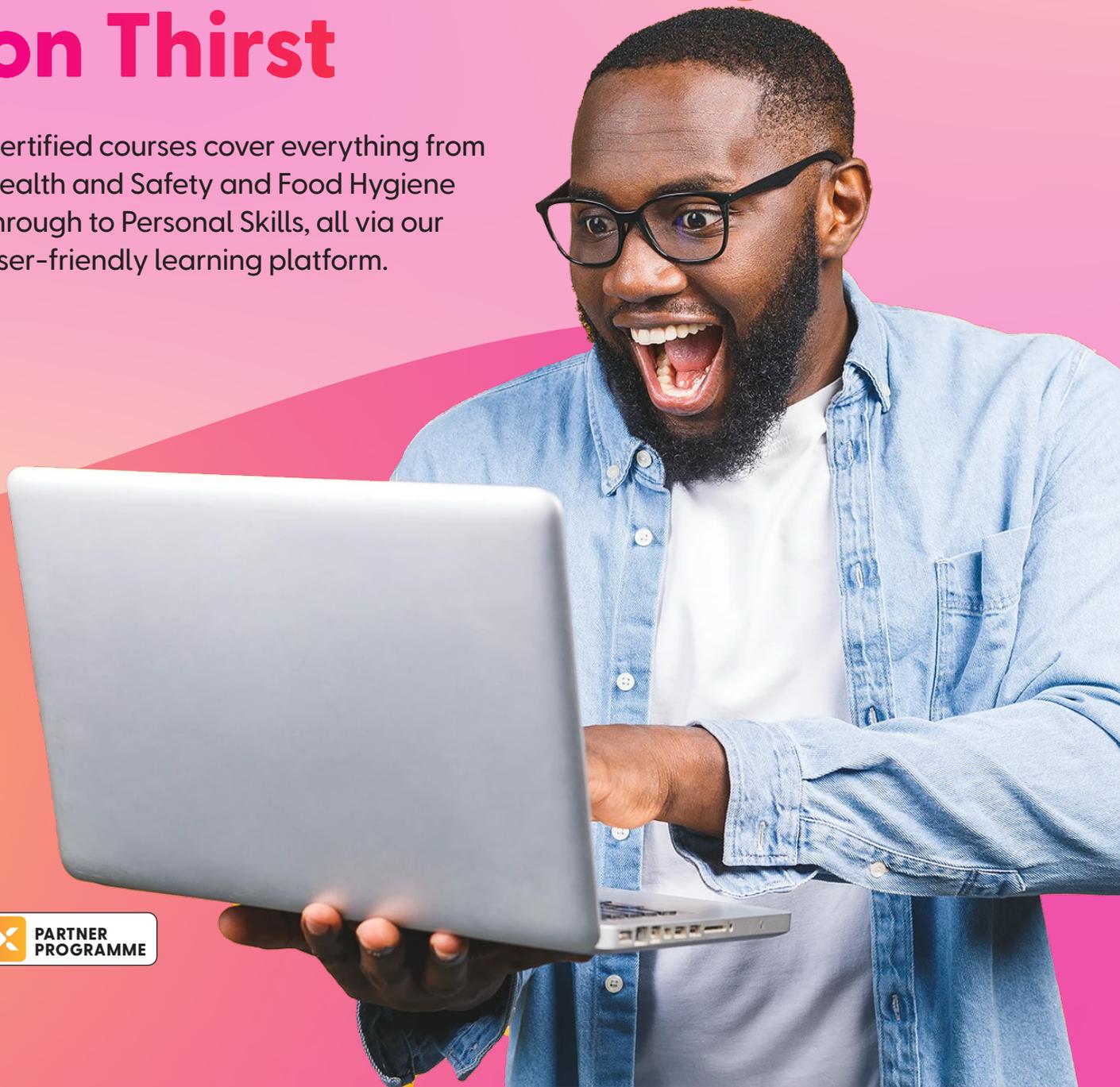
Why Virtual College and Thirst?

Perfect for organisations that require ongoing training programmes and compliance management.

Full Library Access
Unlimited access to our entire catalogue of accredited and certified courses.

Cost-Effective & Scalable
Reduce face-to-face training expenses without compromising quality.

Continuous Development
Keep employees up to date with the latest industry trends and evolving regulations.

Risk Mitigation
Ensure compliance and adapt training as your business needs evolve.

Always Up to Date
Courses updated regularly to reflect the latest regulations and industry best practice.

Simplify Learning Management
Consolidate all learning activities in one easy-to-use platform.

Food and Drink

Achieving a Five Star Rating

Barista Training

Customer Service in Hospitality

Food Allergy Awareness

Home Delivery for Food Businesses

Giving Customers a Positive Impression

Cleaning and Servicing

Effective Working Relationships

Legislation Relating to the Service of Food and Drink

Level 1 Food Safety and Hygiene

Level 2 HACCP

Setting up your food business for delivery - Employer's Guide

Understanding HACCP

Health and Safety

Asbestos Awareness

Awareness of Health and Safety at Work

COSHH Training

DSE (Display Screen Equipment

Fire Marshal and Warden Training

Fire Safety Training

First Aid: Primary Survey

How to Carry out Portable Appliance Testing

Infection Prevention and Control at Work

Legionella Awareness

Manual Handling in the Workplace

Personal Safety for Lone Workers

Risk Assessment in the Workplace

Slips, Trips and Falls in the Workplace

Working at Heights Training

Working from Home Safely

Mould and Damp

Business Compliance

Anti-Money Laundering

Bullying and Harassment in the Workplace

Confidentiality in the Workplace

Conflict Resolution in the Workplace

Cyber Security Awareness

Equality, Diversity and Inclusion for Employees

Equality, Diversity and Inclusion for Managers

Payment Card Industry - Data Security Standard

Sexual Harassment in the Workplace for Employees

Sexual Harassment in the Workplace for Managers

The Bribery Act 2010

The Essentials of Data Protection (GDPR)

Time Management

Unconscious Bias in the Workplace

Misogyny in the Workplace

Martyn's Law

Leadership and Management

Communication with Remote Teams

Coaching

Communication

Managing Change

Managing Teams

Performance Management

Personal Effectiveness

The Role of the Manager

Understanding Yourself

Leading Remote Teams

Maintaining Team Culture for Remote Teams

Motivating Remote Teams

Performance Management for Remote Teams

Supporting your Team's Health and Wellbeing Remotely

Personal and Professional Development

Benefits of Collaboration and Cooperating

Collaboration Principles

Confidence Building Techniques

Constructing and Delivery Effective Presentations

Customer Care

Dealing wit Stressful Situations

Digital Literacy

Digital Marketing Training Course

Effective Public Speaking

Emotional Intelligence

Giving and Receiving Feedback

Growth Mindset

How to Deal with Difficult Situations

How to Effectively Deliver Criticism

How to Form a Robust Opinion

How to improve Problem Solving Skills

Influencing, Negotiating and Networking

Introduction to Emotional Intelligence

Learning to say No - The Right Way

Managing Your Professional Digital Profile

Maximising Learning Opportunities at Work

Personal and Professional Development

Mental Health Awareness

Neuroscience for Personal Development

Time Management

Personal Brand

Positive Attitudes and Behaviours

Reflective Techniques

Resilience

Self Awareness and Personal Development

Why Assemble You and Thirst?

Perfect for organisations that want to make learning accessible, engaging, and easy to fit into busy schedules.

Audio-First Learning
Podcast-style courses designed for modern learners—ideal for listening on the go, at work, or on the commute.

Wide-Ranging Topics
From leadership and management to personal effectiveness, wellbeing, and communication skills, Assemble You's content supports growth at every level.

Real Experts, Real Voices
Lessons are scripted, researched, and voiced by professionals who've been there and done it.

Engaging & Modern
Audio learning that feels natural, conversational, and designed for the way people actually consume content today.

Always Accessible
Learners can plug in anytime, anywhere, and pick up valuable skills without being tied to a desk.

Leadership & Management

Motivating Your Team
Inclusive Leadership
Managing a Conflict
Performance Management
How to Get the Best Out of Introverts and Extroverts
How to Develop a High-Performing Team Culture
Exit Interviews
Spotting Talent in Your Team
Transformational Leadership
Courageous Leadership
Why Diverse Businesses are Winning
Agile Leadership
Moving from Manager to Leader
Coaching and Mentoring
Communication and Collaboration
Building Trust
Speaking with Authority
Influence and Impact: How to Affect Those Around You
How to Inspire as a Leader
When to Protect Your Team
How to Be an Interviewer
Reinvigorating Unengaged Staff
How to Network
How to Negotiate
Leading With Empathy
Women in Leadership: Motivation and Purpose
Women in Leadership: Leading With Vision and Inspiring Others
Women in Leadership: Networking and Connecting
Women in Leadership: Navigating Challenges and Obstacles
Women in Leadership: Building Confidence
The Importance of Prioritising Employee Well-Being
Delegation Done Right: A Guide for New Leaders
Mastering Goal Setting for Your Team
Sales Fundamentals: Key Skills and Strategies for Success
Running Productive and Engaging Team Meetings
Hiring the Right People for the Right Roles

Project Management

Agile – The Basics
Scrum – The Basics
PRINCE2 – The Basics
PMP Certification – The Basics
An Introduction to Project Management
Running Your First Project

Troubleshooting Issues on Your Project
Encouraging Teamwork as a Project Manager
KPIs Explained: Measuring Success Effectively

Personal Development

Maintaining Your Belief
Self-Reflection
Ambitious Mindsets
The Impact of Habits

Communication

Making Body Language Your Greatest Ally
How to Listen Better
How to Be Liked
Plain English
How to Connect With Your Audience
How to Build a Story
How to Build Rapport
Micro Stories and Presentations
How to Build Confidence and Become More Assertive
Essential Writing Skills for Business
Office Etiquette Explained
Understanding Emotional Intelligence
Essential Email Etiquette
A Guide to Business Professionalism
Asking for Help
Presentation Skills: Slide Deck and Tech
Presentation Skills: Keeping Your Audience Engaged
Presentation Skills: Post-Presentation Tips
Concise Writing

Mental Health & Wellbeing

Managing Work Anxiety
Impostor Syndrome
The Power of Positive Thinking
Avoiding Burnout
Identifying and Helping Others Who Need It
The Art of Resilience
Make Time for You
Starting the Day the Right Way
Finding Your Direction
Meditation Basics
How to Manage Your Personal Finances
How to Navigate Grief in the Workplace
An Introduction to Menopause

Change Management

What is Change Management?

How to Guide Your Team Through Change

How to Deal with Change to Your Job

Stop Stagnating and Make the Change

Introduction to Stakeholder Management

Effective Stakeholder Management and Communication

Growth Mindset

What is Intrapreneurship?

Innovate and Be an Intrapreneur

Building an Innovation Business Case

Stakeholder Management for Innovation Projects

Problem Solving: The Basics

Initiative: The Biggest Win

How to Initiate Change

Critical Thinking Explained

How to Build Your Personal Brand

Journalling: Your Secret to Personal Development

How to Be Proactive

Sustainability

Introduction to Environmental Sustainability

Sustainability in Everyday Life

Conversations About Sustainability

The Business Case for Sustainability

Moving Towards Energy Sufficiency

Barriers to Sustainable Living

Effective Sustainability Communications

Globalisation and Sustainability

Introduction to Social Sustainability

Understanding Corporate Sustainability

Why Workplace Sustainability Matters

An Introduction to ESG

Introduction to SDGs

Productivity

Manage Procrastination, and Boss Your Day

Make Remote Working Work For You

Power Up Your To-Do List

The Power of No

Keeping Your Energy High

How to Manage Your Time

Optimize Your Meeting Productivity

Systems for Working Faster

Timeboxing

Done is Better than Perfect: Embracing Imperfection for Success

Sleep: Your Productivity Superpower

Exercise Your Way to Greater Productivity

Diet and Gut Health for Productivity

Pareto Principle

Work-Life Integration: Balancing Professional and Personal Responsibilities

Cyber Security Essentials

Introduction to Malware

Introduction to Social Engineering

Using and Managing Passwords

Common Types of Attack

Diversity, Equity & Inclusion

The Meaning of Equality, Diversity, and Inclusion

Unconscious and Implicit Bias

Banter and Bullying

Cultural Awareness

LGBTQ+ Awareness: Gender

LGBTQ+ Awareness: Sexual Orientation

Introduction to Pronoun Awareness

Introduction to Neurodiversity in the Workplace

Microaggressions: LGBTQ+

Introduction to Anti-Racism in the Workplace

Introduction to Intersectionality

Introduction to Sexism in the Workplace

Introduction to Ageism: Older People

Introduction to Disability in the Workplace

Introduction to Sexual Harassment

Employee Resource Groups

Effective Hybrid Working: Working From Home

Customer Service and Sales