

30m

Human Resources
Stress Awareness & Management Training

IOSH, CPD, IIRSM



25m

35m

Project Management
The Scrum Methodology

CPD



15m

Health & Safety
Training (Display Screen Equipment)

CPD, IIRSM

30m

35m

Business Compliance
Cyber Security Awareness Training

CPD, IIRSM

thirst



High-Impact Content,
Ready to Go.



Unlock **World-Class** Training with iHasco on Thirst

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



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.



Mobile-Friendly & Accessible

Available on any device, anytime, anywhere – with multi-language options for global teams.



Compliance & Certification


Courses are accredited by leading bodies like IOSH, RoSPA, and IIRSM, ensuring compliance with workplace regulations. Learners receive instant certification upon completion.



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

 International versions available

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

Business Compliance Courses

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

 International versions available

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

Pricing

12 months of access

Annual Reseller Access Fee

£1700+VAT

Credits	Cost	Cost Per 10 Credits	Cost Inc Access Fee	Cost Per 10 Credits Inc Access Fee
5,000	£2,990	£5.98	£4,690	£9.38
6,000	£3,500	£5.83	£5,200	£8.67
7,000	£4,000	£5.71	£5,700	£8.14
8,000	£4,600	£5.75	£6,300	£7.88
9,000	£5,140	£5.71	£6,840	£7.60
10,000	£5,400	£5.40	£7,100	£7.10
15,000	£6,700	£4.47	£8,400	£5.60
20,000	£7,900	£3.95	£9,600	£4.80
30,000	£9,700	£3.23	£11,400	£3.80
40,000	£11,700	£2.93	£13,400	£3.35
50,000	£13,500	£2.70	£15,200	£3.04
60,000	£15,100	£2.52	£16,800	£2.80
70,000	£16,500	£2.36	£18,200	£2.60
80,000	£17,700	£2.21	£19,400	£2.43
90,000	£19,000	£2.11	£20,700	£2.30
100,000	£20,200	£2.02	£21,900	£2.19
150,000	£24,520	£1.67	£26,700	£1.78
300,000	£48,300	£1.61	£50,000	£1.67

The prices shown are excl. VAT

Please note 10 credits = 1 person completing a course.



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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.





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.



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 Disciplinarys
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



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

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

Pricing

Learners #	1 Course	5 Courses	10 Courses	20 Courses	Up to 50	Library
0-250	£350	£550	£700	£850	£1000	£3000
251-500	£750	£1000	£1250	£1375	£1625	£5500
501-1000	£1000	£1750	£2500	£2750	£3250	£7500
1001-3500	£1750	£2250	£3000	£3750	£5000	£12,500
3501-5000	£3250	£3750	£4500	£5500	£7000	£17,500
5001-7500	£4250	£5100	£6000	£7500	£9000	£22,500
7501-10,000	£5250	£6500	£7500	£9500	£10,000	£25,000
10,000+ (unlimited)	£5750	£8500	£9000	£10,500	£12,000	£30,000



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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.



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.

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.



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
Marty'n'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 with 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

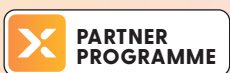
Resilience

Self Awareness and Personal Development



Learning That Gets Listened To

Turn downtime into development time with podcast-style lessons.



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
Journaling: 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

Mastering the Sales Mindset
Confidence at Work
Sales Confidence
Negotiation
How to Deal With Difficult Customers
Body Language in Customer Service
How to Motivate Your Customer Service Team
The Essentials of Face-to-Face Customer Service
Resilience
Dealing with Self-Doubt in Customer Service
The Importance of Purpose
How to Defuse an Argument
Handling Customer Objections
Building Your Confidence in Sales
Prospecting Like a Pro: Finding and Engaging Your Ideal Customers
Sales Messaging That Works: Crafting Compelling Outreach
Discovery Done Right: Understanding Your Prospect's Needs
Negotiation Mastery: Closing Deals with Confidence
A Guide to Performance Improvement Plans

Microsoft Fundamentals

Excel 365 Fundamentals: A Beginner's Guide to Essential Spreadsheet Skills
Word 365 Fundamentals: Master the Basics of Document Creation
Outlook 365 Fundamentals: Essential Email and Organization Skills
Microsoft PowerPoint Fundamentals: Create Engaging Presentations with Ease
Microsoft Teams Fundamentals: A Beginner's Guide to Collaboration
Copilot 365 Fundamentals: A Beginner's Guide to Harnessing the Power of Copilot

Microsoft Unlocked

Excel Essentials Unlocked

Microsoft Excel

The Ultimate Excel Pivot Table Course
Mastering AI in Excel

Microsoft OneNote

OneNote Unleashed: Essential Skills + Copilot Magic