

 **FREE**

# online courses for UNISON members

We've teamed up with award-winning tutors from Civicos, 2Resolve, JMG Training and Quilter Financial Planning to provide a suite of free online courses for all UNISON members. All courses are run online using either Microsoft Teams or Zoom. These courses can help you to boost confidence, improve skills and move on at work.

## Caring for Adults

8 May

9.30am – 12.30pm

## Excel - Level One

13 and 14 May

9.30am – 1.30pm

## Dealing with difficult telephone conversations

15 May

9.30am – 12.00pm

## Microsoft Word Intermediate

22 May

9.30am – 1.30pm

## Creating your tomorrow (Finance webinar)

5 June

10.00am - 11.00am

## Excel - Level Two

10 and 11 June

9.30am – 1.30pm

## Autism Awareness in the workplace

18 June

9.30am - 12.00pm

## Bereavement and Loss

19 June

10.15am - 12.45pm

## Introduction to Mindfulness

26 June

9.30am – 1.30pm

## Excel - Level Three

8 and 9 July

9.30am – 1.30pm

## Building confidence in Young Adults

9 and 10 July

9.30am – 1.00pm

## De-stressing the Menopause

11 July

9.30am – 1.00pm

For more information and to apply:

- Scan the QR code (right)
- Visit [westmidlands.unison.org.uk/events/?filter-0=17645](https://westmidlands.unison.org.uk/events/?filter-0=17645)

and then fill in the online form at the bottom of each course page.

If you have any questions you can contact the Education team by emailing [wmeducationteam@unison.co.uk](mailto:wmeducationteam@unison.co.uk) or call 0121 685 3104

