

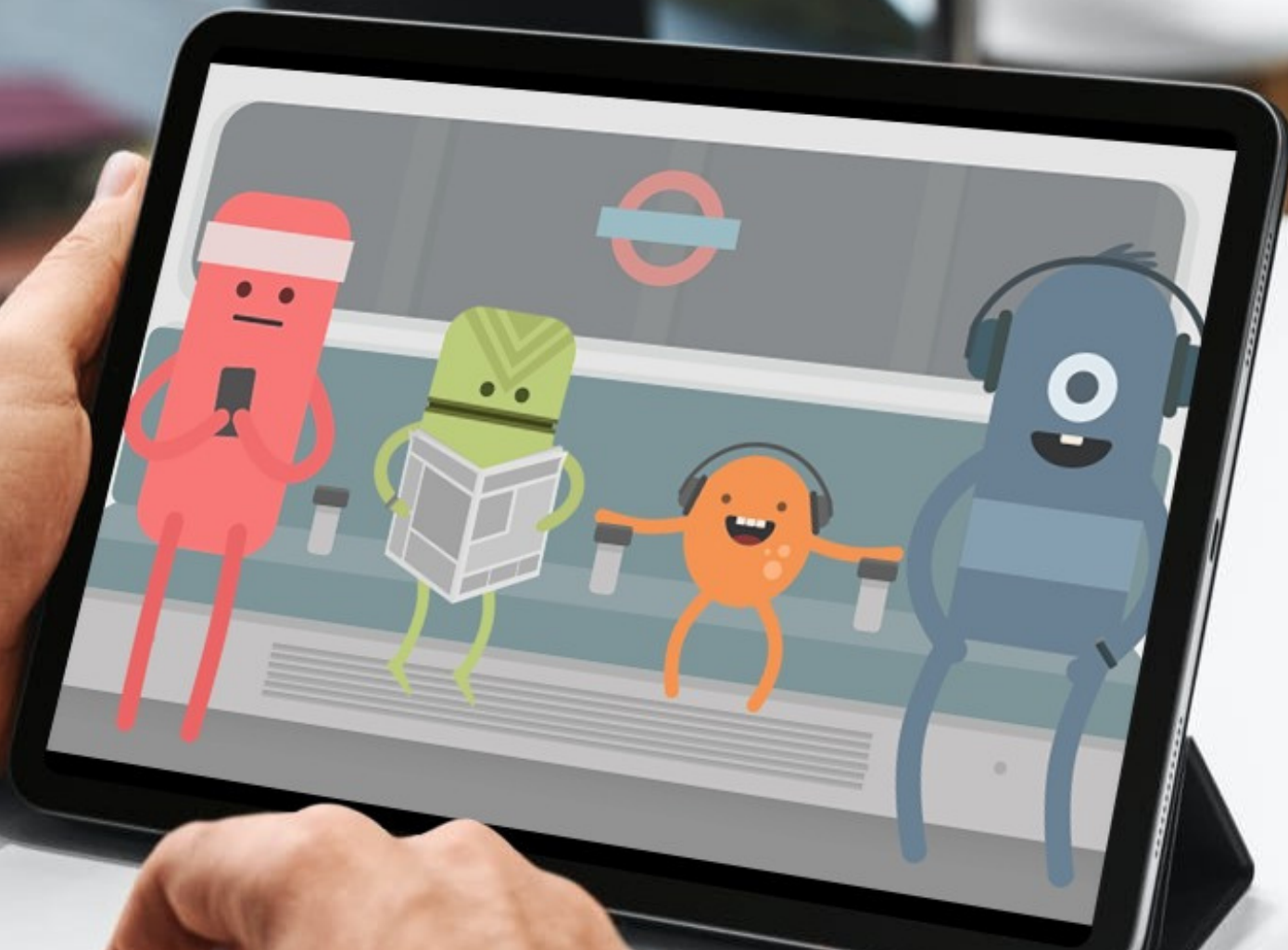


traineasy
e-learning solutions for business

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EBYTES

High impact, byte-sized
learning videos



Increase rates of engagement with manageable bursts of learning

Bitesize learning is the key to meeting the needs of the modern learning environment and the idea is simple; instead of delivering training over a continuous course, you break it into bite-size chunks so learners can easily fit it into a vacant time slot in their busy daily schedules.

Introducing the eBytes!

The colourful, friendly hosts of a variety of high impact, byte-sized learning videos covering a range of topics from cybersecurity to personal wellbeing and lots more!

Browse this course brochure to find the right content for your staff. When you're ready to find out more, get in touch on 01908 508 777 or email enquiries@traineasy.com

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Governance

Dealing with Change

Change is inevitable but many people struggle with it. Here are some tips on how to deal with change.

Formula for Change

This is the simple formula for change. Before making a change, consider what it is that you're dissatisfied about, what would you like to have (vision), what are the first steps you need to take and what are the resistances from stopping you?

End Of The Line

How DoS attacks can disrupt networks and how social engineering targets individuals.

Gone Phishin'

Arms you with the necessary weapons to fight back against phishing attacks.

In Safe Hands

Introduces you to the Security League and the superpowers they possess.

Safety in Numbers

How to create strong passwords to prevent attackers from stealing your data.

Think Before You Click

How to avoid getting speared into providing personal and sensitive information.

Cover All Bases

How you can ensure your passwords are protected.

In the Nick of Time

Introduces cyber attackers crime gang and the methods they use to commit their crimes.

On Guard!

Introduces you to the murky world of system attaches, including a look at the dangers, methods of attack and how you can minimise the risks.

Health & Social Care

Sharing Isn't Always Caring

Explains how infections can spread.





Improving Performance

Do Not Disturb

How to get some peace by minimising interruptions.

Own Your Email

How to minimise the distraction of emails by taking control of them.

To-Do or Not To-Do

Understand the importance of ensuring tasks on your to-do list are relevant.

Project Pie-orities

How to cook up a winning formula for setting priorities when managing projects.

Dr Fluffy's Plan

How to see the bigger picture and consider the implications of the decisions you make.

Delivery from the Past

How to plan effectively to meet your objectives.

Great Monster Cake Off

How performance can be measured and what you can do deliver.

Smallblot's Big Adventure

How to develop yourself and encourage others in the pursuit of learning.

Personal Wellbeing

Rage Gauge

Explains what aggression is and lists some of its causes and consequences.

Mindful Minutes

Explains what mindfulness is.

Mindfulness at Work

Explains the benefits of practising mindfulness in the workplace.

Keeping an Eye on Mental Health

Explains how Managers can spot the signs of mental ill-health.

What is Mental Health?

Explains what mental health is.





Let's Talk about Mental Health

Enables you to talk about mental health

What is Depression?

Explains what depression is and the symptoms of it

Five Steps to Mental Wellbeing

Explains what mental wellbeing is and five steps to improve it

Safety Essentials

All By Myself

Introduces you to a lone worker and explains what lone working is.

Still All By Myself

Explains who's responsible for the health & safety of lone workers.

Reducing the Risk of Fire

How to reduce the risk of fire in the workplace.

Fire Evacuation

How to evacuate from a fire as safely as possible.

Who's Responsible for Fire Safety

Explains who's responsible for fire safety in the workplace.

Deciding if a Load is Safe to Handle

Explains how to decide if a load is safe to handle.

The Safe Lifting Process

Explains the safe lifting process.

The Cause of Slips, Trips and Falls

Outlines the causes of slips, trips and falls in the workplace.

Working With Others

Tough Love

How to spot poor performance, manage it and live happily ever after.

Get the Picture

How to inspire creativity within your team.





It's Not a Knockout

How to identify conflicts within your team and find ways to resolve them.

Easy Street

The easy way to manage difficult people.

On The Face Of It

Explains body language.

