

Wellbeing at Work Course Dates for 2025

Date	Course	Location	Price (per person)
February 2025			
10 February 2025	NEBOSH/HSE Managing Stress at Work	Dunfermline	£320
19 February 2025	New for 2024/25 Reflective Practice	Dunfermline	£245
25 February 2025	New for 2024/25 Managing & Supporting Young People in the Workplace	Dunfermline	£245
25 February	New for 2024/25 Moving and Handling (People) Foundation Training (SMHPS compliant)	Levenmouth	£100
March 2025			
4 March 2025	New for 2024/25 Emergency First Aid at Work	Dunfermline	£130
4 - 6 March 2025	New for 2024/25 First Aid at Work	Dunfermline	£250
25 March 2025	Managing Mental Health	Dunfermline	£245
26 March 2025	New for 2024/25 Moving and Handling (People) Foundation Training (SMHPS compliant)	Kirkcaldy	£100
April 2025			
3 April 2025	Building Personal Resilience	Dunfermline	£245
May 2025			
1 May 2025	New for 2024/25 Creating a Safe & Healthy Work Environment	Dunfermline	£245
13 May 2025	Communicating with Emotional Intelligence	Dunfermline	£245
June 2025			
12 June 2025	Mental Health in the Workplace	Dunfermline	£245

If you don't see what you are looking for, please contact us to discuss your requirements, as we can also deliver bespoke courses to meet individual company needs either at our purpose-built training and conferencing venue, [Carnegie Conference Centre](#), or at your own premises.

To book your place, please call **0344 248 0153** or email sales@fife.ac.uk