

## Wellbeing at Work Course Dates for 2025

| Date          | Course  | Location    | Price (per person) |
|---------------|---|-------------|--------------------|
| March 2025    |   |             |                    |
| 25 March 2025 | Managing Mental Health  | Dunfermline | £245               |
| 26 March 2025 | <b>New for 2024/25</b> 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    | <b>New for 2024/25</b> 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](mailto:sales@fife.ac.uk)