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| Course Title | Attendance Numbers |
| Action learning for women's development | 12 |
| Begin the week with some Mindfulness Practices | Less than 10 |
| Being fair: How to manage staff issues and behaviour | 10 |
| Biosciences - Building Better Working Relationships | 195 |
| Cognitive Bias in PDPR | 23 |
| Declaring a disability and requesting reasonable adjustments | 55 |
| Disability Confident Update | 168 |
| Disabled Staff and Students: Interaction and Understanding | 26 |
| Diversity in Learning and Teaching ONLINE | 59 |
| Dyslexia: Understanding and supporting dyslexic students | 10 |
| Equality Analysis Training | Less than 10 |
| Equality Analysis Training 2017-2020 | Less than 10 |
| Equality Analysis Training for Engineering | Less than 10 |
| Equality and Diversity at Work ONLINE | 99 |
| Equality Impact Assessment Training | 48 |
| Faculty of Engineering Recruitment Interviewing | Less than 10 |
| Gender & Leadership Communication | 10 |
| Healthy Eating Workshops | 66 |
| Healthy Lunches: Mindfulness practices at Jubilee - session 4 | 13 |
| Healthy Lunches: Mindfulness Practices at KMC - session 2 (Breath) | Less than 10 |
| Healthy Lunches: Mindfulness Practices at KMC Session 1: (Body) | Less than 10 |
| Healthy Lunches: Mindfulness Practices at KMC session 3 (Breath & Body) | 14 |
| Healthy Lunches: Mindfulness practices at Jubilee - Session 1 (body) | 12 |
| Healthy Lunches: Mindfulness practices at Jubilee - Session 2. (breath) | 17 |
| Healthy Lunches: Mindfulness practices at Jubilee - Session 3 (breath & body) | Less than 10 |
| Introduction to Mindfulness-Based Skills for Health and Well-Being - staff only | 21 |
| Life Balance (for Staff) | Less than 10 |
| Managing health & resilience programme: From stress to strength | 51 |
| Managing your Career Development | Less than 10 |
| Memory Building Techniques | 27 |
| Mental Health Aware (MHFA England) | Less than 10 |
| Mental Health Awareness (Social Sciences) | 26 |
| Mental Health Awareness Training | 58 |
| Mental Health Awareness Training (PHARMACY) | Less than 10 |
| Mental Health Awareness Training (POLITICS & IR) | 18 |
| Mental Health First Aider Network Meetings | 44 |
| Mental Health First Aider training (2 day) | 142 |
| Mental Health First Aider training (2 day) | 60 |
| Mental Health First Aider training (2 day) - Halls | 24 |
| Mental Health First Aider training (2 day) - Life Sciences | 32 |
| Mental Health First Aider training (2 day) Engineering | 58 |
| Mental Health First Aider training (2 day) Security | 46 |
| Mental Health First Aider training (2 day) Student Union | 12 |
| Mental Health First Aider training (2 day) -Welfare Network | 18 |
| Mental Health First Aider training (4 sessions) | 58 |
| Mental Health First Aider training (4 sessions) LRLR | 52 |
| Mental Health First Aider training 2-day Sutton Bonington | 32 |
| Mind the Mind: Taking Mental Health Seriously | 17 |
| Mindful Eating | Less than 10 |
| Mindfulness and Improving Sleep | 27 |
| Mindfulness in Nature | 16 |
| Mindfulness Programme | 31 |
| Mindfulness programme: experiential practice session | 13 |
| Nottingham Calibre Programme | 11 |
| PMCoP Equality Diversity and Inclusion Lunch and Learn | 14 |
| Promoting Health at Work: what does it mean and why do we do it? | Less than 10 |
| Resilience and Managing your thinking | 29 |
| Resilience Workshop - Health Sciences | 15 |
| Self-confidence Building (Staff Only) | 34 |
| Stress Management | 26 |
| Unconscious bias | 38 |
| Unconscious bias – Online | 157 |
| Unconscious bias (Engineering) | Less than 10 |
| Unconscious Bias (School of Medicine) | 97 |
| Unconscious bias (Student Services) | 40 |
| Women's development summit | 26 |
| Working towards a Healthy Old Age | 15 |
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