



Essential Skills for Professional Growth

Duration: 8 weeks | Location: Folkestone, Hythe, Dover & Deal

The programme covers core leadership and management skills required in Health and Social Care settings including communication, supervision of staff, decision making, problem solving, and managing workload within care teams.

Week	Date & Time	Time	Delivery	Module Title
1	Tuesday 12/01/2027	09:30-16:30	In-person	Developing your Practice in Care
	Wednesday 13/01/2027	10:00-13:00	Online	Self-Management and Personal Effectiveness in Health & Social Care
2	Tuesday 19/01/2027	10:00-13:00	Online	Managing Workload, Priorities and Personal Effectiveness in Care Services Part 1
	Wednesday 20/01/2027	Wednesday 16/06/2026	Online	Managing Workload, Priorities and Personal Effectiveness in Care Services Part 2
3	Tuesday 26/01/2027	09:30-16:30	In-person	Supervising First Aid for Mental Health (NUCO) — Level 3 Award (Day 1)
	Wednesday 27/01/2027	09:30-16:30	In-person	Supervising First Aid for Mental Health (NUCO) — Level 3 Award (Day 2)
4	Tuesday 02/02/2027	10:00-13:00	Online	Leading and Developing Effective Care Teams Part 1
	Wednesday 03/02/2027	10:00-13:00	Online	Leading and Developing Effective Care Teams Part 2
5	Tuesday 09/02/2027	10:00-13:00	Online	Communication for Supervising Care Teams Part 1
	Wednesday 10/02/2027	10:00-13:00	Online	Communication for Supervising Care Teams Part 2
6	Tuesday 16/02/2027	10:00-13:00	Online	Developing a Positive Culture in Health & Social Care
	Wednesday 17/02/2027	09:30-16:30	In-person	Principles of Safeguarding and Protection in Health and Social Care — FAA Level 3 Award
7	Tuesday 23/02/2027	10:00-13:00	Online	Managing Stress and Supporting Wellbeing in Care Teams
	Wednesday 24/02/2027	10:00-13:00	Online	Effective Supervision and Staff Development in Health & Social Care Part 1
8	Tuesday 23/02/2027	10:00-13:00	Online	Effective Supervision and Staff Development in Health & Social Care Part 2
	Wednesday 24/02/2027	10:00-13:00	Online	Reflective Review and Progression Planning

[Register Here](#)

