SEEDL LEARNING PROGRAMME

VIEW ALL OUR LIVE COURSES SCHEDULED THIS MONTH.

Click any course title inside to register, or scan the QR code.
New to SEEDL? Your BID Manager has your unique free-access link.

REGISTER NOW

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Week 1 · 1 – 2 October 2026

BEFORE YOU BOOK

Not registered yet for FREE access?

Your BID Manager has your unique link, or email support@seedl.com

Already registered?

Click any course title in this guide and log in to book your place.

Click any title to register

Thursday 1 October

9:30am - 10:30am	Storytelling for Stakeholder Influence
11:00am - 12:00pm	Making AI Work in Your Day-to-Day Role
12:30pm - 1:30pm	AI for Customer Engagement
2:00pm - 2:20pm	Ask for Angela
2:30pm - 2:50pm	Understanding ESG: A Short Guide
3:30pm - 4:30pm	Crisis Management & De-escalation

Friday 2 October

9:30am - 10:30am	An Introduction to the World of ESG: Environmental, Social and Governance
11:00am - 12:00pm	Assertiveness
12:30pm - 1:30pm	ESG: An introduction to Understanding Net Zero

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Micro Week (1 of 2) · 5 – 9 October 2026

EVERY SESSION 20 MINUTES

Click any title to register

Monday 5 October

11:00am - 11:20am	From People Pleasing to Healthy Boundaries
11:30am - 11:50am	GDPR Fundamentals: Why Privacy Matters
12:30pm - 12:50pm	Overcoming Social Anxiety
2:00pm - 2:20pm	Unravelling Crooked Thinking in Everyday Life
2:30pm - 2:50pm	Cyber Security Essentials: Passwords, Passkeys and Secure Access

Tuesday 6 October

9:30am - 9:50am	Good Enough – Why Perfectionism is a Mental Health Risk
10:00am - 10:20am	The One-Page Project Brief
11:00am - 11:20am	Who Does What? Clarifying Project Roles
11:30am - 11:50am	GDPR Compliance in Practice
12:00pm - 12:20pm	Building Psychological Safety in the Workplace
1:00pm - 1:20pm	Milestones That Matter
2:00pm - 2:20pm	The Workplace Reset Guided Relaxation
2:30pm - 2:50pm	What is the GROW model?
3:00pm - 3:20pm	Scheduling and Timekeeping in Workplace Projects
3:30pm - 3:50pm	Communication Styles: Communicating Effectively with Different Personality Types
4:00pm - 4:20pm	Guided Meditation - Meditation I Can't Meditate!

Wednesday 7 October

9:00am - 9:20am	Managing Project Dependencies
9:30am - 9:50am	Hints & Tips on Conversations Styles for Leaders
10:30am - 10:50am	Applying Agile Principles to Agile Teams
11:00am - 11:20am	Data Subject Rights, AI and Data Protection
11:30am - 11:50am	Guided Meditation - The Art of Happiness
12:30pm - 12:50pm	Decisions Without Delay
2:00pm - 2:20pm	Bullying & Harassment: Creating a Respectful Workplace Culture
3:00pm - 3:20pm	Change Control Without the Red Tape

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Micro Week (2 of 2) · 5 – 9 October 2026

EVERY SESSION 20 MINUTES

Click any title to register

Thursday 8 October

9:30am - 9:50am	Effective Project Communication
10:00am - 10:20am	How to Manage a Busy Workload Effectively & Efficiently
10:30am - 10:50am	Trade Union Rights and Recognition: Understanding the Employment Rights Act 2025
11:00am - 11:20am	Understanding ESG: A Short Guide
11:30am - 11:50am	Stop the Meeting Madness
12:00pm - 12:20pm	Giving Fair Feedback that Actually Changes Behaviour
1:00pm - 1:20pm	Workload Stress and having the Confidence to Discuss with Your Manager
2:00pm - 2:20pm	Emotional Intelligence and Self Awareness
3:00pm - 3:20pm	Customer Service Excellence: Delivering Outstanding Customer Experiences
4:00pm - 4:20pm	The 10-Minute Project Health Check

Friday 9 October

10:00am - 10:20am	Confidentiality in the Workplace
10:30am - 10:50am	AI in Office 365
11:00am - 11:20am	Monthly Performance Reviews: A 20-Minute Structure That Works
11:30am - 11:50am	10 Tips for ChatGPT Part 1
12:00pm - 12:20pm	10 Tips for Copilot
12:30pm - 12:50pm	10 Tips for Gemini
1:00pm - 1:20pm	Understanding Sexual Harassment in the Workplace - a Short Guide
1:30pm - 1:50pm	Running Collaborative and Effective Meetings
2:00pm - 2:20pm	5 Things to Avoid Using AI
2:30pm - 2:50pm	The Art of the AI prompt
3:30pm - 3:50pm	Self Help for Managing the Symptoms of Menopause
4:00pm - 4:20pm	A professional comparison of Gemini, Copilot and ChatGPT

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Week 3 · 12 – 16 October 2026

Click any title to register

Monday 12 October

9:30am - 9:50am	Water Bottle Weights
10:00am - 10:20am	Monthly Performance Reviews: A 20-Minute Structure That Works
11:00am - 12:00pm	How to Conduct an Effective Team Meeting
2:00pm - 3:00pm	Communication and Performance Management: Employees with Disclosed Mental Health Problems
3:30pm - 4:30pm	Conflict of Interest

Tuesday 13 October

9:30am - 10:30am	Preventing Bribery and Corruption
11:00am - 12:00pm	Learn to Manage Time Effectively
12:30pm - 1:30pm	How to Build a Project Schedule You Can Trust
12:30pm - 1:30pm	Delegation Skills
2:00pm - 3:00pm	How to write a Successful CV and Cover Letter
3:30pm - 4:30pm	How to Communicate With Confidence on Any Project

Wednesday 14 October

8:00am - 9:00am	How to Coach Someone to Achieve Their Full Potential
9:30am - 10:30am	How to Lead Change Your Team Won't Resist
11:00am - 11:20am	Unconscious Bias - Awareness Boost
11:30am - 11:50am	Why is Selling, not really Selling?
12:30pm - 1:30pm	Johari Window
2:00pm - 3:00pm	ESG: An introduction to Understanding Climate Change

Thursday 15 October

9:30am - 10:30am	Command the Room - Communicate with Presence and Purpose
11:00am - 12:00pm	Budgets - Clarification and Preparation
12:30pm - 1:30pm	Braver, Not Louder: Building Authentic Confidence
2:00pm - 3:00pm	Transitioning to a Leader

Friday 16 October

9:30am - 9:50am	Running Collaborative and Effective Meetings
10:00am - 10:20am	Effective Questioning Techniques
12:30pm - 1:30pm	An Introduction to Mindfulness

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Week 4 · 19 – 23 October 2026

Click any title to register

Monday 19 October

9:30am - 9:50am	Navigating Change at Work: Without Losing Your Footing
10:00am - 10:20am	Prioritise and Progress: Task Tracking
11:00am - 12:00pm	Managing Hybrid Teams
12:30pm - 1:30pm	Dealing with Challenging Customers
2:00pm - 3:00pm	Sexual Harassment in the Workplace
3:30pm - 4:30pm	How to Run an Effective and Motivational End-of-Year Conversation

Tuesday 20 October

9:30am - 10:30am	Cyber Security Essentials
12:30pm - 1:30pm	How to Use AI to Plan Projects Faster
2:00pm - 3:00pm	Understanding Style Awareness - Part 1
3:30pm - 4:30pm	Self-Confidence and Motivation

Wednesday 21 October

9:30am - 10:30am	Why Projects Fail (and What to Do About It)
11:00am - 11:20am	Modern Slavery
11:30am - 11:50am	Top Tips for Managing Your Inbox More Efficiently
12:30pm - 1:30pm	Understanding Style Awareness - Part 2
3:30pm - 4:30pm	An Introduction to the Employment Rights Act

Thursday 22 October

9:30am - 10:30am	The People Skills Every Project Manager Actually Needs
11:00am - 12:00pm	Power BI Desktop Part 1: Introduction
12:30pm - 1:30pm	Hints and Tips Part 2
2:00pm - 3:00pm	Client Complaint Resolution - Part 1
3:30pm - 4:30pm	How to Conduct an Effective One to One Meeting

Friday 23 October

9:30am - 9:50am	Under Desk Lower Body Yoga
10:00am - 10:20am	Competency Based Interviewing
11:00am - 12:00pm	Preparing for an Internal Job Interview
3:30pm - 4:30pm	Managing Underperformance Before it Becomes a Problem

Course availability varies by BID — check your account for your full list.

SEEDL LEARNING PROGRAMME

Week 5 · 26 – 30 October 2026

Click any title to register

Monday 26 October

9:30am - 10:30am	Establishing a Healthy Work Life Balance
11:00am - 11:20am	A professional comparison of Gemini, Copilot and ChatGPT
11:30am - 11:50am	10 Tips for Gemini
2:00pm - 3:00pm	How to Set Objectives that make Reviews Easier
3:30pm - 4:30pm	How to Conduct an Effective Interview

Tuesday 27 October

11:00am - 11:20am	Good Enough – Why Perfectionism is a Mental Health Risk
11:30am - 11:50am	Presentation Skills - Hints & Tips
2:00pm - 3:00pm	How to Build a Personal Development Plan to Achieve Success

Wednesday 28 October

9:30am - 10:30am	Project Management for Non-Project Managers
12:30pm - 1:30pm	Workplace Mental Health Support Training - Part 1
2:00pm - 3:00pm	Project Costs Made Simple: Estimate, Track, Control

Thursday 29 October

9:30am - 10:30am	How to Write a Risk Assessment That's Actually Useful
11:00am - 12:00pm	Hints and Tips Part 3
12:30pm - 1:30pm	Charts Part 2
2:00pm - 3:00pm	Sustainability and ESG reporting
3:30pm - 4:30pm	Leading by Example

Friday 30 October

9:30am - 9:50am	Shadow Boxing
10:00am - 10:20am	Deliver and Learn: Closing Projects Properly
12:30pm - 1:30pm	Workplace Mental Health Support Training - Part 2

! BEFORE YOU BOOK

Not registered yet for FREE access?

Your BID Manager has your unique link, or email support@seedl.com

Already registered?

Click any course title in this guide and log in to book your place.

Course availability varies by BID — check your account for your full list.