



# Training & Wellbeing Packages 2024

*We help you feel PROUD*

## OPTION 1 – ACCREDITED LGBTQ+ or GENDER DIVERSITY TRAINING £1,250 (for up to 16 ppl)

### You can choose from our 2 accredited courses:

1. LGBTQ+ Diversity and Inclusion Training (*Covers all LGBTQ+ Inclusion*)
2. Gender Diversity and Inclusion Training (*Trans + non-binary inclusion*)

### Training includes:

- 1hr e-learning (*to be completed before live training*)
- Pre-training questionnaire to tailor training to organisation
- 3 hrs live training with LGBTQ+ Inclusion specialist
- Post-training evaluation to measure impact of training
- 1hr LGBTQ+ Consultancy to take forward your Inclusion Action Plan
- 1 year licence for LGBTQ+ Learning Llb to continue learning
- **CPD certificates for all participants & accreditation logo for website**

### Key Topics Covered:

- Learning LGBTQ+/Gender Diversity key terms and definitions
- Understanding the history, current laws and guidance
- Using pronouns and best practice inclusive language, policies, practices
- Practical actions to be a visible LGBTQ+/Trans Ally
- How to create LGBTQ+ Inclusive/Trans Inclusive services and workspaces



**E-learning course**

1hr



**Live Training  
(in person/online)**

3hrs



**LGBTQ+  
Consultancy**

1hr



**Access to LGBTQ+  
Resource Hub**

1 year license



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## OPTION 2 – 1 HR LEARNING LUNCH £500 (up to 100 ppl)

### You can choose between:

1. LGBTQ+ Diversity and Inclusion Training (*Covers all LGBTQ+ Inclusion*)
2. Gender Diversity and Inclusion Training (*Trans + non-binary inclusion*)

### Training:

- 1 hr live training session with LGBTQ+ Inclusion specialist
- Interactive session sharing best practice and practical tips
- Live Q & A session where questions can be submitted anonymously

### Included:

- 1hr CPD certificate for all participants
- PDF Downloads of 5 Top Tips on being an LGBTQ+ Ally
- 1 year licence for LGBTQ+ Resource Hub to support further learning



**E-learning course**

1hr



**Live Training  
(in person/online)**

3hrs



**LGBTQ+  
Consultancy**

1hr



**Access to LGBTQ+  
Resource Hub**

1 year license



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## **OPTION 3- 2hr E-LEARNING COURSE + LIVE Q & A SESSION (£95 pp discounted when 10+)**

This training is aimed at small business's and individual business owners and practitioners. It is everything you need to know to upskill and ensure your business is inclusive. Plus access to a specialist LGBTQ+ Inclusion Consultant to answer all your questions and share best practice with you.

### **Training includes:**

- 2hrs of bite sized 10minute e-learning modules so you can dip in and out
- 1hr live Q & A session with LGBTQ+ Inclusion specialist (monthly sessions)
- Inclusive language guide for your website and marketing

### **Key Learning outcomes:**

- Learning LGBTQ+ key terms and definitions
- Understanding the history, current laws and guidance
- Using pronouns and best practice inclusive language
- Practical actions to be a visible LGBTQ+ Ally
- How to Create LGBTQ+ Inclusive spaces and services

### **Included:**

- CPD certificates for all participants
- Accreditation logo for website and socials
- Lifetime Access to LGBTQ+ Resource Hub to support further learning



**E-learning course**

**2hrs**



**Monthly Live Q & A  
(in person/online)**

**1hr**



**Access to LGBTQ+  
Resource Hub**

**Lifetime Access**



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## We help you feel **PROUD**

### **OPTION 4 - LGBTQ+ NETWORK/ERG WELLBEING SESSION £1,250 (up to 40 ppl)**

The best way you can support your LGBTQ+ Network is to invest in their wellbeing. We meet with your network to co-produce a magical wellbeing day in nature together! Our days are facilitated by 2 LGBTQ+ Wellbeing Practitioners and take place in a local woodlands of your choice.

#### **Activities can include:**

- Mindful walk and nature connection
- Fire lighting and marshmallows
- Cooking on the fire
- Eco arts and crafts
- Basket weaving
- Herbal Remedies
- Wellbeing Lotions and potions
- Plant and bird nature trail

#### **Wellbeing Resources included:**

- PDF of personal LGBTQ+ Wellbeing Plan to complete
- Recordings (video/audio) of nature connection practices and meditations
- Resource Library of LGBTQ+ support services



**Meet team & co-produce Wellbeing Day**

**1hr**



**Wellbeing in Woodlands Event**

**3hrs**



**LGBTQ+ Wellbeing Resources**

**Lifetime Access**



# Bespoke Package including training, consultancy, speaking and events

## OPTION 5 – BESPOKE LGBTQ+ INCLUSION PACKAGE

Our team are LGBTQ+ Inclusion specialists and have worked with clients around the world to embed LGBTQ+ inclusion within their leadership, staff teams, client services and projects. We love working in partnership with organisations who are as passionate about inclusion as we are and want to make a real difference in the world.



### Packages can include:

- E-learning and live training for leadership team and staff
- Special events for LGBTQ+ History month (Feb), Pride (June), Transgender Awareness month (Nov)
- Keynote speakers on LGBTQ+ inclusion or Trans Inclusion
- Specialist LGBTQ+ Inclusion consultancy to ensure all your policies, procedures and practices are inclusive and best practice
- LGBTQ+ Leadership event
- Your own curated event with specialist speakers

### CONTACT US:

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