

## INTRODUCTION

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This course has been designed and is delivered by Project Managers and Human Resources Professionals at Sussex Central YMCA. The course has been running for 2½ years and has been attended by over 300 staff members and volunteers from Sussex Central and other YMCA's.

## WHO IS THE COURSE FOR?

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This course is suitable for everyone, both in the voluntary and private sectors, who require an understanding of the importance of Equality & Diversity in the workplace to perform their roles.

## WHAT DOES IT COVER?

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This course raises awareness and understanding of Equality & Diversity, and is interactive and fun. The session includes the following:

- Identifying understanding of Equality & Diversity
- Self Awareness Exercises
- The use of language
- Tools to deal with inappropriate language/behaviour

*"This training exceeded my expectations and I was pleasantly surprised at how enjoyable it was. Thank you."*

## BOOKINGS

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**Date & Time:** 5th July, 2nd August, 13th September

All courses run 9.30am—1.00pm

**Cost:** £50 per delegate

**Location:** Reed House, 47 Church Road, Hove BN3 2BE

To book a place contact Becki Hawkey on:

**Tel:** 01273 222595

**Email:** [hr@sussexcentrallymca.org.uk](mailto:hr@sussexcentrallymca.org.uk) .

We can also deliver the training at your workplace.

For more details please email [hr@sussexcentrallymca.org.uk](mailto:hr@sussexcentrallymca.org.uk).

*"I found the course very well presented, extremely informative and a real fun platform to improve my own self awareness"*