

Education Partnerships UK (EPUK)

International Short Courses

Personal Development

BERI is the exclusive partner of EPUK

Anger Management Certification (0.5 hours video learning)

This course covers the following topics:

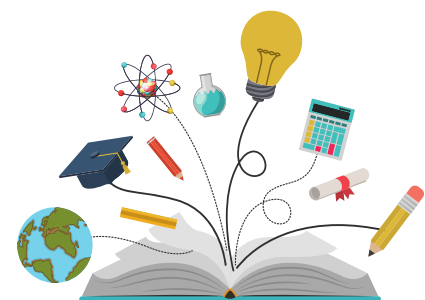
- ☛ Why it's important to recognise your personal anger signs.
- ☛ How to use breathing exercises to bring anger under control.
- ☛ How to make positive lifestyle changes that will reduce your anger.
- ☛ Why you may wish to reduce your alcohol consumption.
- ☛ When to seek professional help.



Body Language Certification (15 hours online learning)

This course covers the following topics:

- ☛ The importance of body language as part of communication in general; how it is interpreted in different cultures and how it has been interpreted throughout history.
- ☛ How to read body language through non-verbal signals, such as gestures, postures and expressions, as well as how to spot lying behaviours and negative body language in an individual and what to do if you identify such signs.
- ☛ Using body language in a professional and business capacity in the workplace and the important role that it plays, such as when interviewing candidates, negotiating deals or resolving customer issues.
- ☛ Using body language in a personal capacity and how to foster positive relationships built on honest communication.



Building Your Confidence and Self-Esteem Certification (0.75 hours video learning)

This course covers the following topics:

- ☛ Why it is important to tackle low confidence and self-esteem.
- ☛ Why you need to challenge underlying negative beliefs about yourself.
- ☛ How to become more assertive and stand up for your own needs.
- ☛ Why goals and challenges can help you overcome low self-esteem.
- ☛ How to seek professional help if you need further assistance.

Effective Decision-Making Certification (0.25 hours video learning)

This course covers the following topics:

- ☛ The differences between emotional, intuitive and rational decision making.
- ☛ When it is an ideal situation for each style.
- ☛ The various decision-making traps that you can easily fall into, if you are not careful.
- ☛ How to avoid each trap listed.
- ☛ Details about each step that you need to follow in the process, and why they are important.

Handling Conflict in High-Value Relationships (2.5 hours video learning)

This course covers the following topics:

- ☛ Why listening is key to conflict resolution, and how to further your understanding via active listening techniques.
- ☛ How to see a situation from another person's point of view by using a three-point strategy.
- ☛ How to successfully negotiate and reach an amicable compromise.
- ☛ The differences between assertive, passive, passive-aggressive and aggressive behaviour, and how to use positive 'I' statements to communicate your point of view.



Improve Your Social Skills Certification (0.75 hours video learning)

This course covers the following topics:

- ☛ Why giving compliments is a good way to begin practising your social skills.
- ☛ How to make small talk that will help you develop positive relationships.
- ☛ How to listen to others.
- ☛ How to appear confident, even in situations that make you nervous.
- ☛ What you should do if you make a mistake in front of others.

Interpersonal Skills Certification (2 hours video learning)

This course covers the following topics:

- ☛ How vital interpersonal skills are in the workplace, home, and other environments.
- ☛ How you can improve your skill set through practice and other methods.
- ☛ That you don't have to keep using the same behaviours that you have done in the past.
- ☛ How a strong skill set gives you confidence and peace in any situation.



The Basics of Critical Thinking Certification (0.75 hours video learning)

This course covers the following topics:

- ☛ How to use the "five whys" technique to determine the underlying issue.
- ☛ The importance of being able to analyse a problem, and why you need to do so from multiple perspectives.
- ☛ The five critical thinking skills you need to develop.
- ☛ The six steps to critical thinking.
- ☛ The importance of evaluating your outcome.



Problem Solving Certification (0.75 hours video learning)

This course covers the following topics:

- The basic steps involved in solving any problem.
- How to determine the root cause of any issue.
- How to use one of the most popular problem solving methods currently used in most industries across the country.
- How to come up with a series of solutions that may address the issue.
- The importance of post-implementation testing and evaluation.

