



Goldmark Training

EQUALITY AND DIVERSITY CATALOGUE



WWW.GOLDMARKTRAINING.CO.UK

Our Director



*Tara Hussain - Cognitive Behavioural
Psychotherapist and Director at Goldmark
Training*

Tahira Hussain has extensive experience working in the statutory and voluntary sector. She had a 19-year career in social work, mental health, community development, charity and the housing sector. She has a successful track record in consultancy, training and project management. Qualified as a cognitive behavioural psychotherapist, she is a member of the BABCP and BPS. Working as a training associate for national agencies she has utilised her experience in the housing, health and care sector and delivered a menu of training packages aimed to support staff, stakeholders and residents on a range of topics including mental health

awareness, mental health and wellbeing, safeguarding children & adults, equality & diversity, stress management, managing depression, effective psychological intervention and developing self-esteem. Tahira is also an approved therapist to support wellbeing and awareness of mental health through training and CBT therapies.



What we do...

We provide value based corporate training packages and wellbeing solutions to public and private organisations in the UK and abroad.

Here is a catalogue of the courses we offer at Goldmark Training. If you have any questions or would like a bespoke offering, please contact us at: hello@goldmarktraining.co.uk.



[watch our promotional video here](#)





Putting Diversity into Action – Islamic Awareness

Understanding and engaging effectively with your Muslim staff, residents and stakeholders. This course is designed to enable you and your colleagues to provide an informed service to your Muslim customers and staff, meet the needs of the Muslim community and find out about Islam in a warm, friendly atmosphere. Delegates will be able to understand better what Muslims believe and discuss common stereotypes and myths.



Equality and Diversity – An Introduction

This is an essential course for all staff. It will ensure that learners are aware of equality and diversity and their responsibilities. Our course will enable you to understand

- What is meant by equality and diversity*
- What is meant by discrimination.*
- Current legislation relating to equality and diversity*
- When you should consider equal opportunities legislation.*
- Define your own responsibilities for Equality and Diversity.*



Diversity in the Workplace – Disability

This disability diversity training course will provide you with an overview and understanding of the key issues relating to disability and diversity in the workplace.



Diversity in the Workplace – Sexual Orientation

This sexual orientation diversity training course will provide staff with an overview and understanding of the key issues relating to sexual orientation and diversity in the workplace.



Diversity in the Workplace – Unconscious Bias

Unconscious bias refers to the biases we have of which we are not in conscious control. This course will enable staff to understand the idea of unconscious bias and related concepts, experience how unconscious bias affects our behaviour and identify the impact unconscious bias has on your organisation. The course will enable attendees

- *to gain an overview of key drivers for E&D*
- *to gain an understanding of prejudice & discrimination in its different forms.*
- *an exploration of the concept of unconscious bias*
- *the legal implications of bias in the workplace*
- *understanding our own biases*
- *the business case for diversity and making difference work*
- *effecting change within our organisations*



Diversity in the Workplace – Transgender

This diversity and equality training course will provide you with an overview and understanding of the key issues relating to Transgender and diversity in the workplace.



Diversity in Action – Cultural Awareness

This course will consider what culture and awareness means. Aims are to understand the diversity agenda, identify how cultural awareness relates as a landlord, understand prejudice & identify how discrimination occurs. Participants will consider how to define personal responsibilities for being culturally aware, explore different cultures and how to demonstrate good practice in cultural awareness.



The Care Act 2014 – Overview

This comprehensive briefing will outline the key changes introduced in the Care Act 2014; detail the roles of staff, agencies, specific duties and key regulatory requirements. It will consider how it modernises the law so that people's wellbeing is at the heart of the care and support system.



Professional Boundaries

Clear professional boundaries are essential for organisations to deliver a high quality service. It is crucial that staff understand the nature and limits of their roles and are able to recognise the 'grey areas' where they are at risk of crossing their professional boundaries. This course presents a comprehensive overview and explores personal roles and responsibilities.