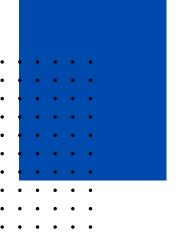


# **CATALOGUE OF COURSES**

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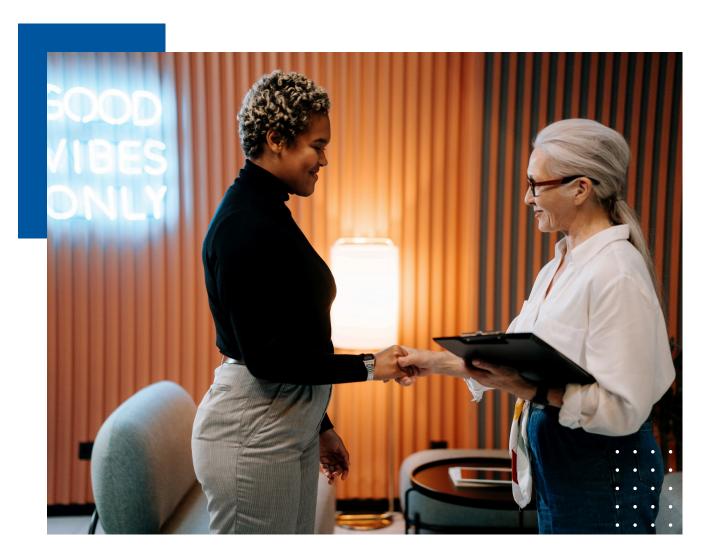


01. About LIA

02. Why LIA

03. Courses





# **ABOUT LIA**

London Intercultural Academy (LIA) is a global educational institution based in London - United Kingdom.

LIA is specialised in corporate training and workforce development with over 400 certified and approved courses and programs.

Our goal is to provide quality education and training worldwide in a way that is both environmentally friendly and affordable for everyone. We are passionate about ensuring high-quality learning experiences for all!



# **WHY LIA**

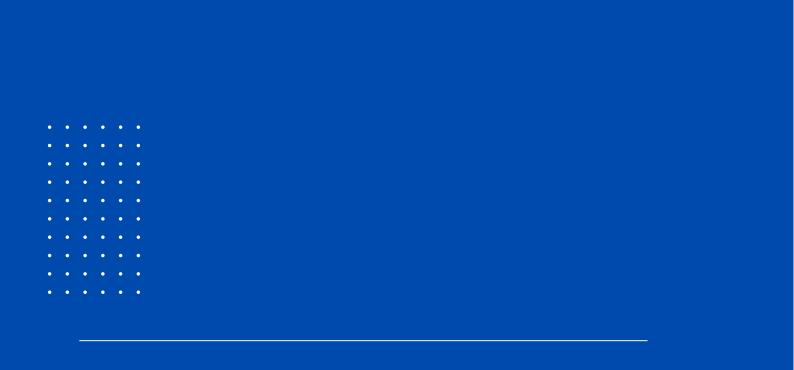
Our programs are designed to keep you hooked, to make learning a breeze, and to ensure you not only start but also finish strong.

So, if you're tired of drowning in endless boring sessions and materials and want to join the ranks of empowered learners who actually **complete and benefit out of** their courses, you're in the right place. Welcome to a world of **engaging**, **efficient**, and **effective education**. Let's learn together, the smart way.

Our courses are tailor-made for busy professionals, ensuring convenience and accessibility across all devices. They offer a dynamic and interactive learning experience, while also being certified by recognised accreditation authorities in the United Kingdom.

### **ARTIFICIAL INTELLIGENCE**

- Fundamentals of Artificial Intelligence
- Artificial Intelligence In Digital Marketing
- Social Media Automation Mastery Course
- Artificial Intelligence Impact On Our Lives Certified Course
- Certified ChatGPT Expert



#### **CORPORATE COMPLIANCE**

- Anti-Bribery and Anti-Corruption
- Anti-Money Laundering
- Avoiding Conflicts of Interest
- Avoiding Insider Trading
- Code of Conduct Essentials
- Code of Conduct Healthcare
- Corporate Governance
- Data Privacy and Information Security
- Environment, Health and Safety in the Workplace
- General Data Protection Regulation (GDPR)
- Recognizing and Preventing Phishing Attacks

#### **FOOD AND HOSPITALITY INDUSTRY**

- Achieving Food Hygiene Rating Level 5
- Allergen Awareness
- Alcohol Personal Licence Holder
- Level 1, 2, 3 Food Safety (Catering, Manufacturing, Retail)
- Licensed Premises Staff Training
- Nutrition and Hydration
- Supervising Food Safety Level 3











# HEALTHCARE AND SOCIAL CARE INDUSTRY

- Autism Awareness
- Dementia Awareness
- Infection Control
- Mental Health Awareness
- Safeguarding Adults and Children
- End of Life Care
- Diabetes Awareness
- Epilepsy Awareness
- Person-Centred Care









# CONSTRUCTION AND MANUFACTURING INDUSTRY

- Asbestos Awareness
- CDM Awareness
- Manual Handling
- Working at Height
- NVQ Units related to Construction Environment
- Abrasive Wheels
- Noise Awareness
- Electrical Safety









#### FIRST AID AND HEALTH

- Emergency First Aid at Work For Irish Audiences
- Epilepsy Awareness
- Stroke Awareness
- Nutrition and Hydration
- Diabetes Awareness
- Dementia Awareness
- Depression Awareness









#### **SPECIALISED INDUSTRY TRAINING**

- Licensed Premises Staff Training
- Lockdown Procedure in Schools
- Working Within the Private Security Industry
- Asbestos Awareness for Architects and Designers
- Assessing Display Screen Equipment
- Display Screen Equipment Awareness
- Drug and Alcohol Awareness
- Handling Information in a Care Setting
- Health and Safety in a Care Setting









#### **BUSINESS SKILLS**

- Social Media Marketing
- Facebook for Business
- LinkedIn for Business
- Twitter for Business
- Search Engine Optimisation for Business
- Negotiation
- Project Management
- Sales Skills
- Managing Occupational Health and Wellbeing
- Managing Sickness and Absence









#### CHILDCARE AND EDUCATION

- Child Internet Safety
- Safeguarding Children
- ADHD Awareness
- Autism Awareness
- Paediatric First Aid
- Positive Handling in Schools
- Children and Young People's Mental Health









#### **LEGAL AND COMPLIANCE**

- Anti-Harassment and Bullying
- Equality, Diversity, and Discrimination
- GDPR Training
- Anti-Bribery and Corruption
- Anti-Money Laundering
- Data Protection in the Workplace
- Control of Substances Hazardous to Health (COSHH)
- Disciplinary Procedures









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# GENERAL WORKPLACE/ALL INDUSTRIES

- Stress Management
- Fire Extinguisher
- Fire Marshal for Care Homes
- Health and Safety in a Care Setting
- Mental Capacity Act and Deprivation Of Liberty Safeguards
- Safeguarding Adults
- Supervising Mental Health at Work
- Understanding Your Role in Care
- Manual Handling
- Fire Marshal











# CORPORATE/BUSINESS SECTOR:

- Anti-Bribery and Corruption
- Anti-Money Laundering
- Cyber Security
- Managing Meetings
- Project Management
- Leadership Skills
- Time Management
- Effective Delegation
- Developing Good Employee Relations
- Discipline and Grievance Procedures











#### **DIVERSITY AND INCLUSION**

- Dealing with Discrimination in the Workplace
- Strategic Culture Transformation
- Bystander Intervention
- Psychological Safety In The Workplace
- Inclusive Leadership
- Privilege in the Workplace
- Disability Awareness in the Workplace
- Navigating Microaggressions in the Workplace
- Cultural Diversity in the Workplace
- Building Diverse Teams
- Empathy and Respect in the Workplace
- Generational Diversity
- Neurodiversity in the Workplace
- Unconscious Bias: Recognizing Our Blind Spots
- Unconscious Bias Awareness and Mitigation
- Cultural Dynamics Accredited Program
- Certified DEI Strategist
- Equity in Action: Mastering Unconscious Bias

#### **CORPORATE TRAINING**

- Emotional Intelligence
- Developing Emotional Intelligence for Effective Leadership
- Business Email Etiquette
- Mastering Business Dining Etiquette
- Taking Accountability
- Craft Your Vision A Guide to Professional Success
- Certified Meeting Strategist: Elevating Workplace Gatherings
- Managing Stress at Work
- The Art of Negotiation
- Decision Making Certified Course
- Certified Master of Presentation Excellence
- Certified Strategic Networker: A Guide to Networking
- Healthy Practices: Nutrition, Exercise, and Safety
- An Effective Leader's Guide to Time Management
- Creating a Healthy Work/Life Balance
- Career Growth & Management
- Interviewing Skills for Employees
- Critical Thinking and Problem Solving
- Conflict Resolution
- Working From Home: Strategies for Remote Employees
- Sexual Harassment Prevention Managers

#### **CORPORATE TRAINING**

- Effective Hiring Practices
- Effective Employee Discipline
- Strategic Time Management for Leaders
- Strategic Workforce Transition: Company Layoffs and Downsizing
- Business Ethics and Code of Conduct
- Sexual Harassment Prevention Employees
- The Effective Leader's Guide to Receiving Feedback
- Leading with Your Strengths
- Building Leadership Capability
- Transition To Leadership
- Unlocking Leadership Potential: Harnessing Influence at All Levels
- Developing Leadership Style
- Strategic Delegation
- Performance Reviews
- Motivating Employees Professional Guide
- Managing Up: Building Strong Relationships
- Interviewing Skills for Managers: Selecting the Right Candidates
- Internet Safety, Protocols and Policies

#### **HEALTH AND FITNESS**

- The Ultimate Home Workout Guide
- Boost Your Immune System
- Meditation for Busy People
- Immune Booster Blueprint: Strengthening Your Body's Defense by Food
- Intermittent Fasting Guide
- Carb Cycling for Weight Loss
- Biohacking Secrets
- A Guide to Brain Health
- Vegan Diet Guide
- Superfood Nutrition Mastery Course
- Paleo Diet Guide
- Eczema Unveiled: A Comprehensive Guide for Understanding and Managing Eczema
- Certified Anti-Aging Skincare Specialist
- Certified "HIIT" High-Intensity Interval Training Specialist
- Fountain of Youth: Unlocking the Secrets of Anti-Aging for Health and Longevity
- Home Fitness Specialist Certification
- Certified Weight Loss Specialist
- Anti-Aging & Youthful Living Mastery Course
- Running Guide: Achieve Fitness, Weight Loss, and Mental Strength
- Healthy Eating

#### PRODUCTIVITY AND MENTAL HEALTH

- Focus: Mastering Productivity
- The Morning Ritual Guide
- Overcome Obstacles: Conquering Challenges with Confidence
- Achieving Mental Resilience
- Guide to Visualization
- Mindfulness Guide
- The Winning Mindset Formula
- Digital Detox Program
- Relentless Drive: Cultivating Grit and Resilience for Extraordinary Success
- Setting Boundaries: Empowering Relationships and Respecting Yourself
- Attitude of Gratitude Certified Program
- The Law of Attraction Code
- Organize Your Life: Mastering Simplicity and Serenity
- Anxiety: Comprehensive Guide on How to Eliminate Anxiety
- Become the Best Version of Yourself
- A Roadmap to Success and Fulfillment
- Working From Home: Productivity Guide
- How to Stop Worrying What Other People Think of You
- How to Achieve Peak Productivity Guide
- · Disconnect: Embracing a Balanced Digital Life Guide
- The Abundance Mindset
- Coping With Stress
- Living a Legendary Life: Ignite Your Inner Power
- Motivation Guide
- The Power of Self-Discipline
- Imposter Syndrome Guide

#### PRODUCTIVITY AND MENTAL HEALTH

- Meditation Beginner's Guide
- Happiness Through Self-Care
- The Anti-Anxiety Formula Mastery Course
- The Power of Positive Thinking Course
- Mind Reset: Mastering Your Mindset for Success and Fulfillment
- The Law of Attraction Mastery Program
- Unlocking Success and Fulfillment Mastery
- Self-Confidence Guide: Building Competence-Based Self-Confidence Mastery
- Mindfulness Mastery Certification
- Certified Clarity Coach
- Stress & Panic Attack Masterclass
- Public Speaking: Elevate Your Public Speaking Skills & Speak with Confidence
- Finding Balance: Discovering Your Values for Peace and Happiness
- Productive Powerhouse: Unleash Your Potential and Achieve Life Goals
- Simple Habits of Greatness: Life Transformation Guide
- Mastering Focus and Disabling Distraction
- The Art of Rapid Skill Acquisition: Unleashing Your Learning Potential for Success
- Reflective Self-Mastery: Embrace Growth and Transform Your Life
- Certified Productivity and Mindset Mastery
- Setting & Achieving Goals: The Ultimate Guide to Achieving Your Life's Aspirations
- Courage Mastery: Conquering Fear & Daniety & Daniety
- Certified Super Brain Hacks: Unlocking Your Brain's Peak Performance
- Mastering the Art of Attraction and Mindset Rewiring Course
- Certified Minimalist Living Course



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