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| Sept 9 | Back care and posture | 12pm to 1pm | Collegiate |
| Sept 10 | Exercising Effectively | 12.15pm to 1.15pm | Collegiate |
| Sept 10 | pre-retirement | 9am to 4.15pm | Onleven |
| Sept 11 | Handling Difficult Conversations | 1.30pm to 5pm | Oneleven |
| Sept 19 | Stress management in your team | 9.30am to 5pm | Oneleven |
| Oct 3 | Managing People | 9am to 11am | Oneleven |
| Oct 11 | University Induction | 9.30am to 1.45pm | Oneleven |
| Oct 15 | Project management | 9.30am to 5pm | Oneleven |
| Oct 16 | Lower cholesterol and blood pressure | 12.15pm to 1.15pm | Collegiate |
| Oct 16 | Recruitment and Selection | 9.30am to 4.30pm | Oneleven |
| Oct 18 | performing under pressure | 9am to 5pm | Oneleven |
| Oct 23 | Aspiring team leaders | 9.30am to 4.30pm | Oneleven |
| Oct 24 | Applied relaxation | 12.15pm to 1.15pm | Surrey |