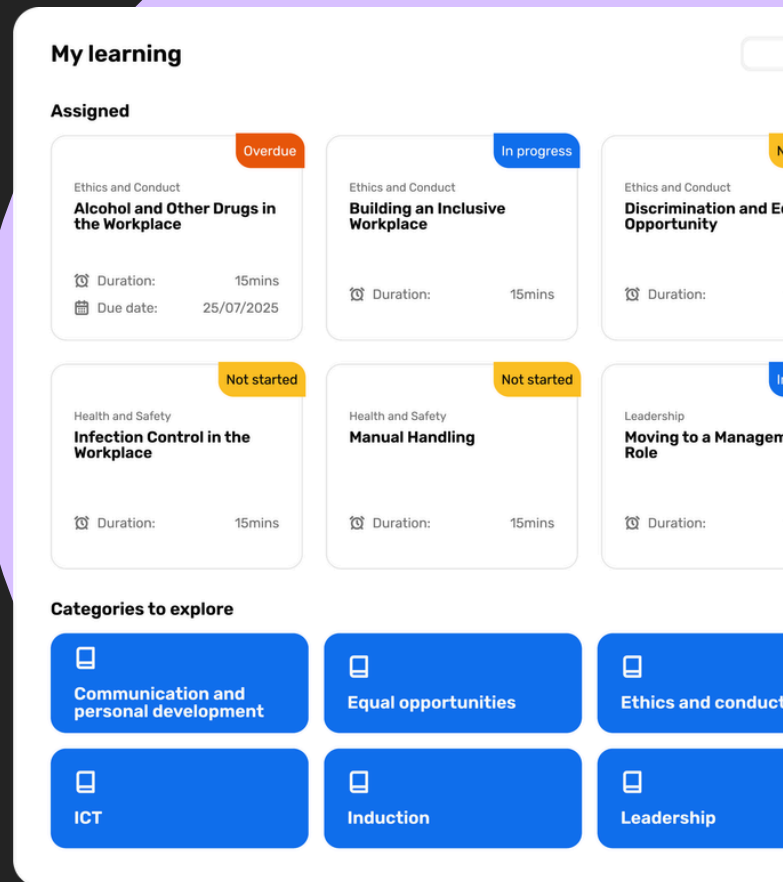


# Breathe Learn

Bitesize e-learning that covers UK compliance essentials and everyday soft skills to level-up your team.

- Stay on the right side of UK employment law with courses built around UK legislation, from GDPR to tackling discrimination and sexual harassment.
- Managers gain the skills to lead confident, capable teams, while employees develop soft skills that drive engagement and growth across your business.
- Jargon-free and practical, the learning sticks – so teams apply what they learn every day.
- Get started straight away – no contracts, no delays.

## Features



**130+ Courses**



**8 Learning categories**



**Course discovery**



**Learning record**



**Assessments**



**Certificates**

# Course Library



🔍 Featured course

## Sexual and Sex-Based Harassment Awareness

The course makes clear that sexual and sex-based harassment are both prohibited by law and never tolerated in the workplace. Learners gain a clear understanding of their responsibilities - from treating colleagues and clients with respect and consideration, to upholding substantive equality regardless of sex.



🔍 Featured course

## Manual Handling

Employees gain a clear understanding of the risks linked to manual handling and discover practical strategies to manage them safely. The course covers key areas step by step - from responsibilities and risk management to safe lifting techniques - ensuring employees know how to protect themselves and others from harm. Employees finish the module equipped with essential skills to create a safer, healthier workplace.



🔍 Featured course

## Building an Inclusive Workplace

Employees are introduced to the core principles of DEI and shown practical actions they can take to support inclusion every day. The course is split into two focused units: understanding diversity, equity and inclusion in the workplace, and applying inclusive practices in real situations. Employees leave with a stronger awareness of their role in fostering fairness, collaboration and belonging - helping your organisation create a culture that celebrates difference and drives engagement.

**2026 pricing**  
Start your free trial



[www.breathehr.com](http://www.breathehr.com)

### Micro

£15 per month  
1-10 people

### Starter

£23 per month  
11-20 people

### Regular

£46 per month  
21-50 people

### Pro

£78 per month  
51-100 people

### Premium

£155 per month  
101-150 people

### Plus

£194 per month  
151-200 people

## HR & Compliance

- Abuse and Neglect
- Air Emissions Management
- Anti-Money Laundering and Counter-Terrorism Financing Awareness
- Building an inclusive workplace
- Business ethics
- Business etiquette
- Business Travel Arrangements
- Code of Conduct
- Corporate Social Responsibility
- Cross-Cultural Communication
- Cultural Awareness
- Discrimination and Equal Opportunity (Great Britain)
- Discrimination and Equal Opportunity (Northern Ireland)
- Diversity in the Workplace
- Effective practices when working from home
- Fraud and Corruption Awareness
- Gender Pay Equity Awareness for Managers
- General Data Protection Regulation (GDPR)
- Global Anti-bribery and Corruption
- Intellectual Property
- Mental Health Awareness
- Modern Slavery Awareness
- Modern Slavery Awareness for Managers
- Privacy Awareness
- Protected Disclosures
- Sexual and Sex-Based Harassment Awareness (Great Britain)
- Sexual and Sex-Based Harassment Awareness for managers
- Supporting Colleagues With Anxiety
- Supporting Colleagues With Depression
- Sustainability Awareness
- Workplace Harassment and Bullying Awareness (Great Britain)
- Workplace Harassment and Bullying Awareness (Northern Ireland)
- Recruitment and selection

## Customer Service

- Customer Service
- Handling Angry and Upset Customers
- Handling Objections
- Professional Telephone Etiquette
- Telephone Sales
- Theft Prevention for Retail Workers
- Introduction to sales

## Personal Development

- Building and Managing Teams
- Business Storytelling
- Business Writing Skills
- Coaching
- Conflict Resolution for Employees
- Contributing to Innovation
- Coping with Change in the Workplace
- Designing And Delivering Presentations
- Developing an Employee Recognition Programme
- Developing Resilience
- Engaging and Motivating Employees
- How to Communicate Effectively
- Improving Your Listening Skills
- Improving Your Productivity
- Influencing and Negotiating with Others
- Interviewing Skills and Techniques
- Mentoring Others
- Networking Skills
- Offboarding
- Onboarding
- Performance Management for Employees
- Performance Management for Managers
- Sales Prospecting
- Six Sigma
- Time and Priority Management
- Understanding Body Language
- Writing Effective Emails
- Planning and running events

## Leadership and Management

- Business Continuity Management
- Change Management
- Developing Client Relationships
- Emotional Intelligence in Leadership
- Leadership
- Leading Virtual Teams
- Making Decisions
- Managing Difficult Situations
- Managing Workplace Conflict
- Moving to a Management Role
- Running Effective Virtual Meetings
- Setting and Achieving Goals
- Strategic Talent Management
- Teamwork and Collaboration
- Workforce planning
- Running effective face-to-face training
- Planning and running events
- Writing effective business cases

## IT and Security

- Acceptable Internet Use
- Cyber Security Awareness
- Cyber Security Awareness for Managers
- Electronic Communication and Social Media
- Ethical AI Use for Business Writing
- Information Security Management
- Introduction to Workplace Data
- Password Management
- Social Engineering and Phishing Awareness

## Induction training

- Breathe HR user course - Employee/team-member
- Breathe HR user course - HR user
- Breathe HR user course - line manager
- Employee Induction

## Finance

- Finance for Non-Financial Professionals
- Managing Budgets
- Safe Cash Handling
- Securing Payment Card Data

## Health and Safety

- Aged Care: Supporting Individuals in Daily Living - Healthcare specific
- Alcohol and Other Drugs in the Workplace
- Armed Robbery Survival Skills
- Asbestos Awareness
- Chronic Disease Awareness
- Dementia Awareness
- Emergency Procedures
- Fatigue Management
- Hand Hygiene
- Health and Safety at Work (Northern Ireland)
- Health and Safety at Work (Great Britain)
- Incontinence Awareness - Healthcare specific
- Infection Control in the Workplace
- Manual Handling
- Navigating Psychosocial Hazards in the Workplace
- Office Safety
- Preceptorship - Healthcare specific
- Safeguarding
- Stress Management
- Stress Management Awareness for Managers
- Hand hazard awareness
- Heavy good vehicle driver safety
- Electrical safety
- Elder abuse awareness
- Driver safety
- Managing food allergies and intolerances
- Nutrition and swallowing