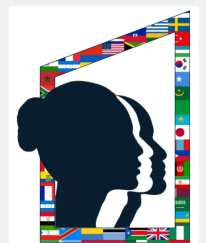




LEARNING PROGRAMMES

Help Unify Mankind And Nations
Make us Human 2025



CONTENT



03 What is the Human Learning Programme?

07 Training Programme & Provision

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MAKE US HUMAN

Help Unify Mankind And Nations



Community Interest Company

Who work towards Diversity and Inclusion Best Practice under the Equality Act 2010 protected characteristics (i.e., age, gender, race, sex (LGBTQ+), disability (e.g., mental health). Our services target marginalised individuals, businesses, schools, and community groups ensuring that equity is met at all levels.

Our Vision

The core competence of H.U.M.A.N. is training focused on the cultivation of the mind based on the principles of justice and equity. The training targets the most vulnerable groups protected under the characteristics of the Equality Act 2010 and other marginalised groups. Therefore, the training places great emphasis upon the development of diversity and inclusion rooted in values and social commitment in promoting intellectual equipment and skills in communication that are required to convert the individuals as change agents in society and competent leaders in their chosen fields of activity.

WHY US?

01

We have extensive experience, training and educational credibility around the training programmes we offer.

05

Our facilitators have relate-ability because of our social diversity to effectively engage with a diverse audience.

02

Our training and support are responsive to the needs to these most vulnerable groups to tackle experiences of barriers to wellbeing employment, education, socio-economic deprivation and isolation.

06

We have achieved success with our funding targets to deliver training

03

We have Qualified Adult Tutors and Facilitators with over 20 years of experience working in teaching and training.

07

We promote inclusion and empowerment for all through our effective training programmes.

04

We recognise the catastrophic damage discrimination, systemic racism and unconscious bias impacts the most vulnerable members of society.

08

We have a global and diverse team that represents diversity..

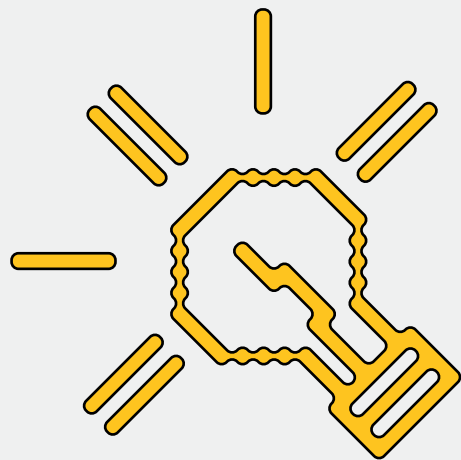
Funders



TRAINING PROGRAMME & PROVISION

We aim to create a more productive place to work, study and live through the skills and empowerment we impart through our training. Our training is an opportunity for individuals and groups to achieve vital skills to work toward a greater societal contribution and create an environment that is supportive to all members of the community.

H.U.M.A.N. (Help Unify Mankind And Nations) offers training that fosters self-esteem and self-discipline, enhances life and work skills, empowers individuals and recognizes the unique and creative abilities of each learner.

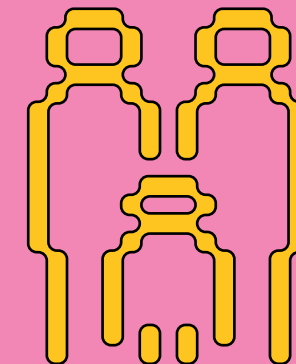


“We engage with our learners in an inclusive way which leads to a more positive environment for those excluded from holistic living to feel genuinely included and supported in society.”

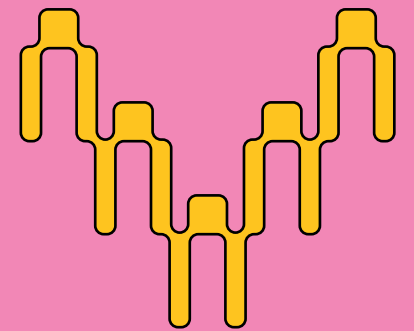
TARGET GROUPS



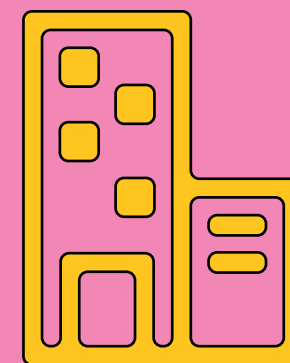
Pregnant Women, Domestic Abuse Victims or Survivors



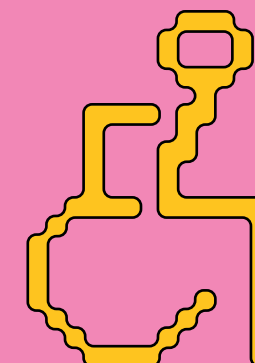
Parents & Adolescents



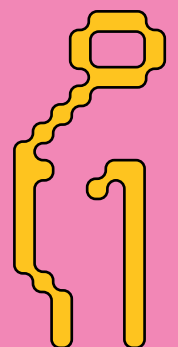
Migrants, Refugees & Asylum Seekers, Businesses, SME's, Community



Organisations, Women-Led Organisations, Specialist Agencies, Schools, Private & Public Sectors, etc.



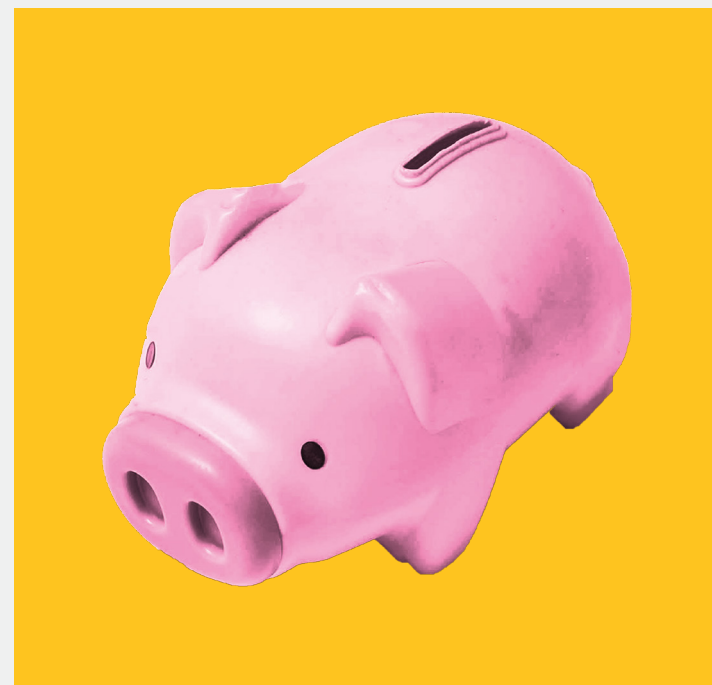
A person with Disabilities & Learning Difficulties



Vulnerable Adults & over 50s



COST



We would like to continue this training for our target group. See below estimated expenses for establishing permanent facilities for imparting ongoing training.

Expenses in GBP

Training Costing
varies
depending on the
business

Study Material
£TBC

Travel
£TBC

**Please email angelam.human@gmail.com
to get a price quote*

TO CONTINUE, WE NEED....



Facilities for classrooms

We need at least one classroom

A place to stay

Table and chairs for the classrooms

Access to computers or laptops
in the classroom (for ICT training)

Screen projector or whiteboard

CONTACT INFORMATION

By implementing the above training, we hope to bring a good number of vulnerable people into the mainstream of public life in England. For more details about this training, please do not hesitate to contact us. We hope that you would appreciate our initiative and you will help us with your valuable support.



Angela Mitchell
(Director of H.U.M.A.N.)
+44 7545364607
angela.human@gmail.com

Heena Amir
(Team Lead/Manager of
H.U.M.A.N.)
+44 7851879199
heena.human@gmail.com

General Admin
helpunifymankindandnations@
gmail.com

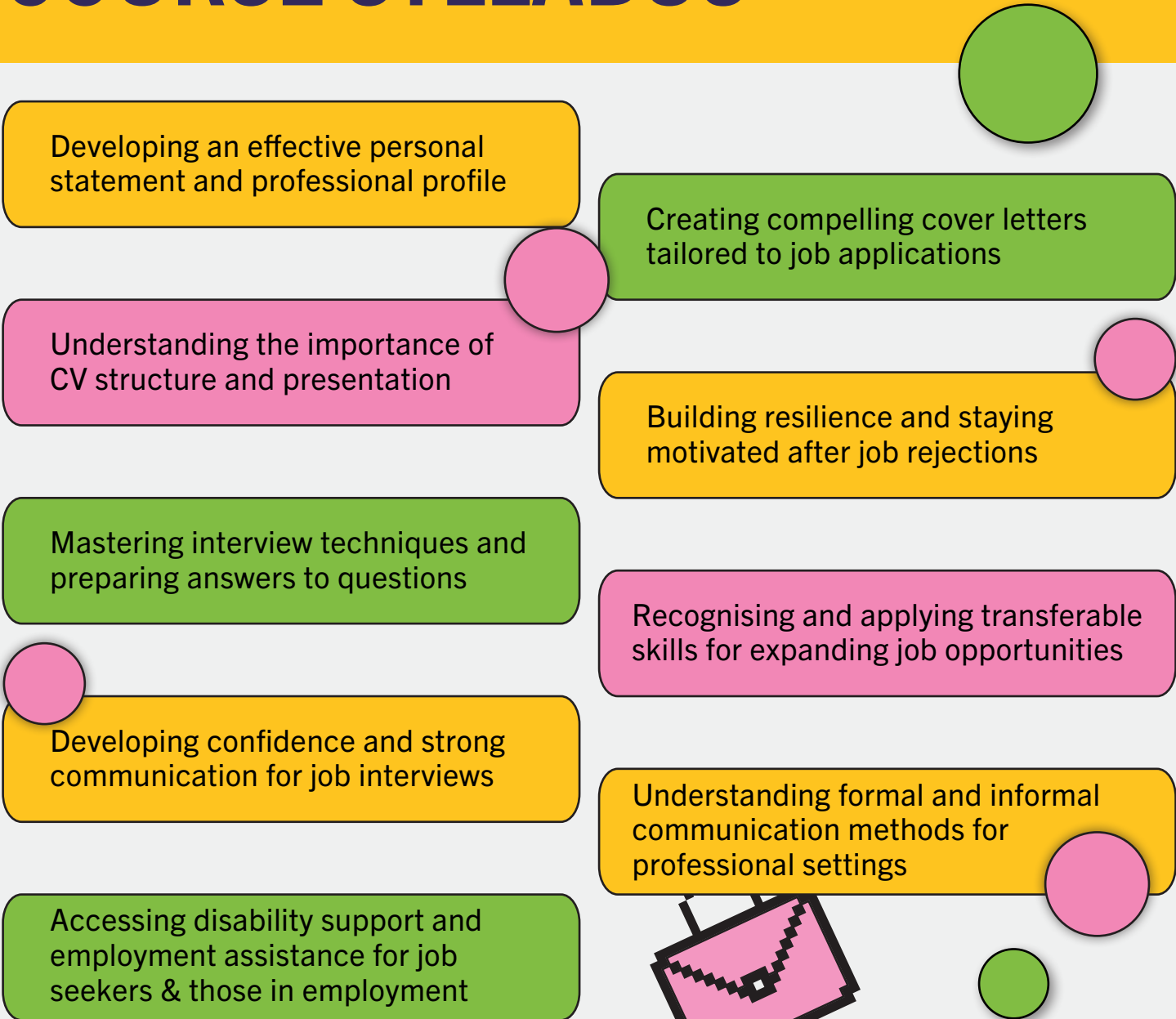


WORK SKILLS & DEVELOPMENT PROGRAM



This training workshop is designed to enhance employability by equipping learners with key work skills needed to successfully enter and sustain employment. The programme offers guidance on writing personal statements, CVs, and cover letters, as well as interview techniques and professional communication. Participants will also learn how to identify and leverage their transferable skills, build confidence to prepare and effectively respond to interview questions, and handle job rejections positively. The course includes signposting to employment resources, disability support, and employer engagement to help individuals secure and maintain employment.

COURSE SYLLABUS

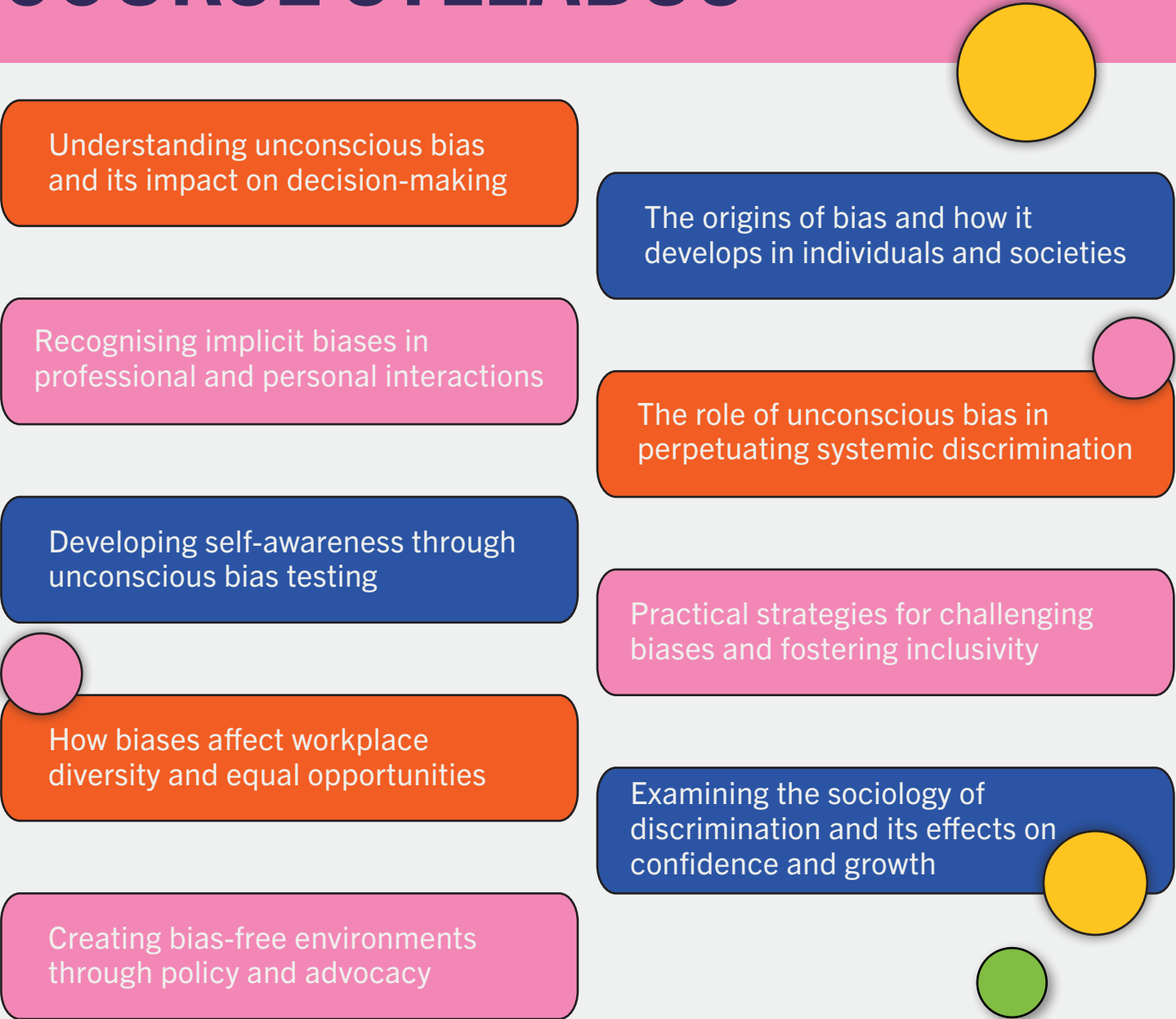


UNCONSCIOUS BIAS

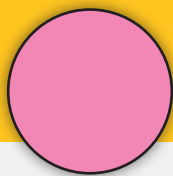


This workshop is designed to break down biases and discrimination while fostering self-awareness to promote greater inclusion in social, professional, and economic spheres. By tackling individual, racial, and cultural biases in employment, education, housing, and healthcare, this course enables learners to recognise their unconscious /conscious biases and develop strategies to challenge them. The course also introduces unconscious bias testing as a tool for self-reflection and improvement. We all have biases that need to be tackled to create a more inclusive society.

COURSE SYLLABUS



RACIAL EQUALITY & DIVERSITY



The training examines the impact of slavery on genetic identity, social structures, race terminology and its evolution. This course explores the experiences of People of Colour, with a particular focus on Black communities, to examine the impact of systemic racism, cultural taboos, colourism, and interracial discrimination. The course also discusses and explores the loss of cultural heritage, religious/spiritual identity, and the significance of names in shaping personal and societal perceptions. By addressing these critical issues, learners will gain a deeper understanding of racial inequalities, and the steps required to foster a more inclusive and just society.

COURSE SYLLABUS



The psychological and social impact of racial discrimination and prejudice

Examining the historical context of racial inequality and its modern implications

Understanding systemic racism and barriers to equality

Colourism and its impact on social and economic opportunities

Cultural taboos and their influence on racial identity

The role of being proactive challenging racial biases and prejudices

Assimilation versus cultural preservation in racial minority communities

The legacy of slavery and its genetic, social, and economic impacts

Legal protections and rights for racial equality

DISABILITY AWARENESS

This course explores the definition of disabilities, including hidden disabilities, and the challenges faced by individuals with disabilities. It delves into issues such as discrimination, barriers to inclusion, and workplace accessibility. The course aims to enhance understanding of the different classifications of disability, the legal rights of disabled individuals, and the support systems available to them. We design courses based around the lived experience of persons with a disability, utilising interactive and engaging learning.

COURSE SYLLABUS



Understanding the various types of disabilities, including hidden disabilities

The legal protections and policies surrounding disability rights

Recognising and addressing disability discrimination

Creating inclusive workplaces and communities

Practical support strategies for individuals with disabilities for authentic inclusion

Identifying and accommodating learning disabilities such as dyslexia

The role of culture, beliefs, and perceptions in shaping attitudes towards disability



ESOL A1 & A2 ONLY

This programme is designed to help learners develop fundamental English language skills necessary for daily life, work, and education. The course covers key areas such as grammar, pronunciation, reading, writing, listening, and speaking, enabling learners to interact and communicate effectively within British society. By gaining proficiency in English, participants will improve their employment prospects and social integration, enhancing their ability to engage in everyday conversations, workplace interactions, and areas formal communications needs.

COURSE SYLLABUS

Developing ability in English language skills, including listening, speaking, reading, and writing

Understanding British culture and common expressions used in daily conversations

Building confidence in speaking and pronunciation for expressiveness

Supporting employment and education prospects through improved language skills

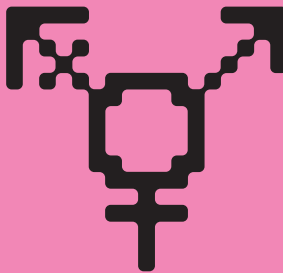
Improving communication skills for personal and professional interactions

Improving basic grammar, punctuation, and sentence structure for written communication

Expanding vocabulary for use in social and workplace settings

Encouraging everyday engagement and participation in the cultural, community, and societal practices.

LGBTQIA+ TRAINING



This course is designed to provide an overview to promote better understanding of the LGBTQIA+ community, including the use of pronouns, risk factors associated with being LGBTQIA+ in society, and the discrimination experienced by individuals within this group. The course explores different gender and sexual identities, as well as practical strategies for fostering inclusivity and creating safer environments for LGBTQIA+ individuals in various social and professional settings to promote Allyship and collaborative interactions.

COURSE SYLLABUS

Understanding the different identities within the LGBTQIA+ spectrum

Recognising and addressing discrimination faced by LGBTQIA+ individuals

First Impressions and Bias Toward LGBTQIA+ Individuals

Building resilience and support networks within LGBTQIA+ communities

Understanding and challenging the assumption of heterosexuality

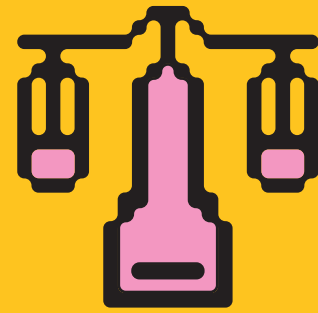
The significance of pronouns and gender identity in fostering inclusivity

Exploring intersectionality and how it impacts LGBTQIA+ experiences

Real-Life Scenarios Faced by LGBTQIA+ People

Creating safer and more inclusive spaces in workplaces, schools, and communities

GENDER EQUALITY



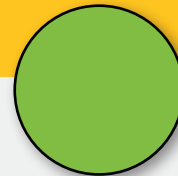
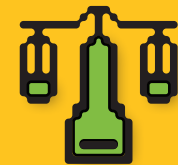
This workshop enables learners to comprehend the everyday struggles women face in society, including gender inequality in employment, the persistent gender pay gap, sexual harassment, barriers to career advancement, and limited access to strategic leadership roles. The course also addresses the specific challenges experienced by women of colour in obtaining higher education and navigating professional spaces. By understanding these systemic barriers, learners will develop the knowledge and tools necessary to advocate for gender equity and create inclusive environments in both educational and workplace settings.

PERSONAL SOCIAL DEVELOPMENT



Our Personal Social Development training program is designed to equip individuals with the essential skills needed to lead a fulfilling, balanced, and resilient life. The course explores key personal and social challenges, offering practical strategies for overcoming barriers, building self-confidence, and fostering emotional well-being. Enabling individuals to support and build an interpersonal springboard to achieve their goals and aspirations.

COURSE SYLLABUS



Understanding gender power structures and privilege in society

The importance of diversity, equity, and inclusion in gender equality

How social norms influence gender roles and expectations

Exploring systemic barriers that prevent gender parity

Challenging workplace inequalities, including pay gaps and promotions

The impact of unconscious bias and strategies to overcome it

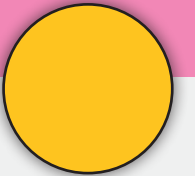
Understanding the intersectionality of race, gender, and economic

Legal frameworks protecting gender equality and anti-discrimination policies

Creating strategies to promote gender inclusivity in professional settings



COURSE SYLLABUS



Understanding the importance of personal and social development

The impact of motivation, confidence and self-esteem on success

The role of mental health in overall well-being

Effective strategies for managing stress and anxiety

The significance of reconciliation and forgiveness in personal growth

Recognising and overcoming internal and external self-image issues

Practical techniques for cultivating happiness, trust, and resilience

The role of mindfulness (i.e. Mind, body & soul connection) in maintaining emotional balance

PARENTING SKILLS

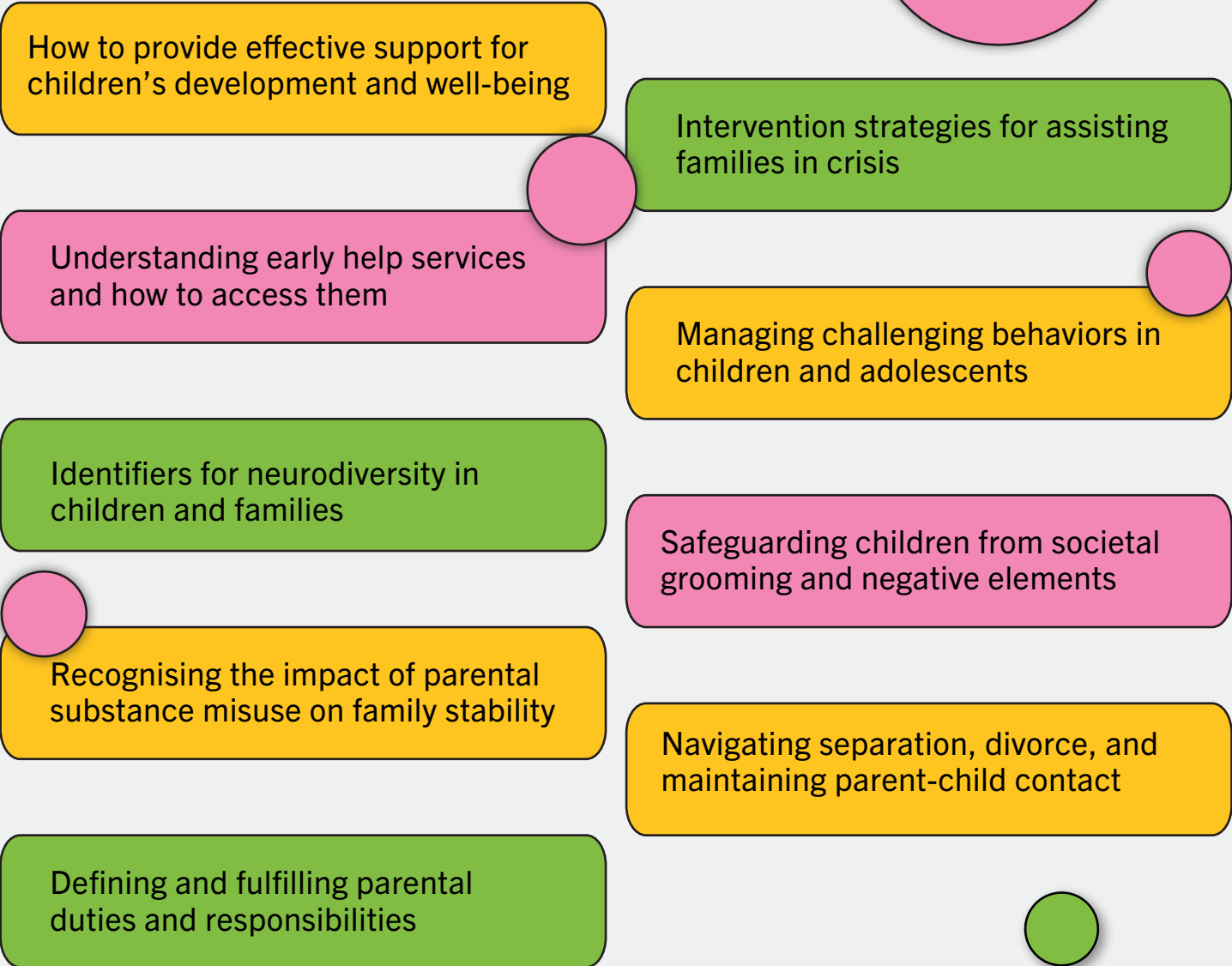
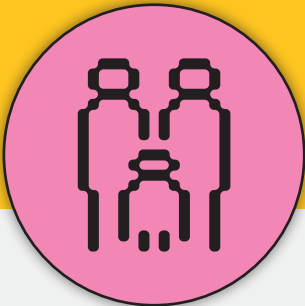
This workshop is designed to support parents in managing family conflicts and fostering positive relationships within the household. With families spending more time together due to changing societal norms, the potential for conflict has increased. This programme provides practical strategies to help parents navigate behavioural challenges, support children’s well-being, and address key parenting responsibilities. The course also highlights the impact of parental mental health and substance misuse on family dynamics, offering guidance on intervention and professional support..

LIFE SKILLS



This course is designed to help learners develop essential life skills to navigate daily challenges. Participants will gain practical knowledge in communication, problem-solving, self-awareness, and emotional intelligence. The programme promotes confidence in decision-making, teamwork, and interpersonal relationships, equipping individuals with the skills necessary for both personal and professional growth. It also provides tools to help individuals build resilience, think critically, and effectively manage social interactions and career aspirations.

COURSE SYLLABUS



COURSE SYLLABUS



SOCIAL RESPONSIBILITIES

This course explores what it means to be socially responsible within communities and society at large. It focuses on fostering a sense of responsibility toward social justice, inclusion, and community well-being. Topics include building safer communities, supporting underprivileged groups, and addressing contemporary social issues such as public health, economic sustainability, and human rights.

COURSE SYLLABUS

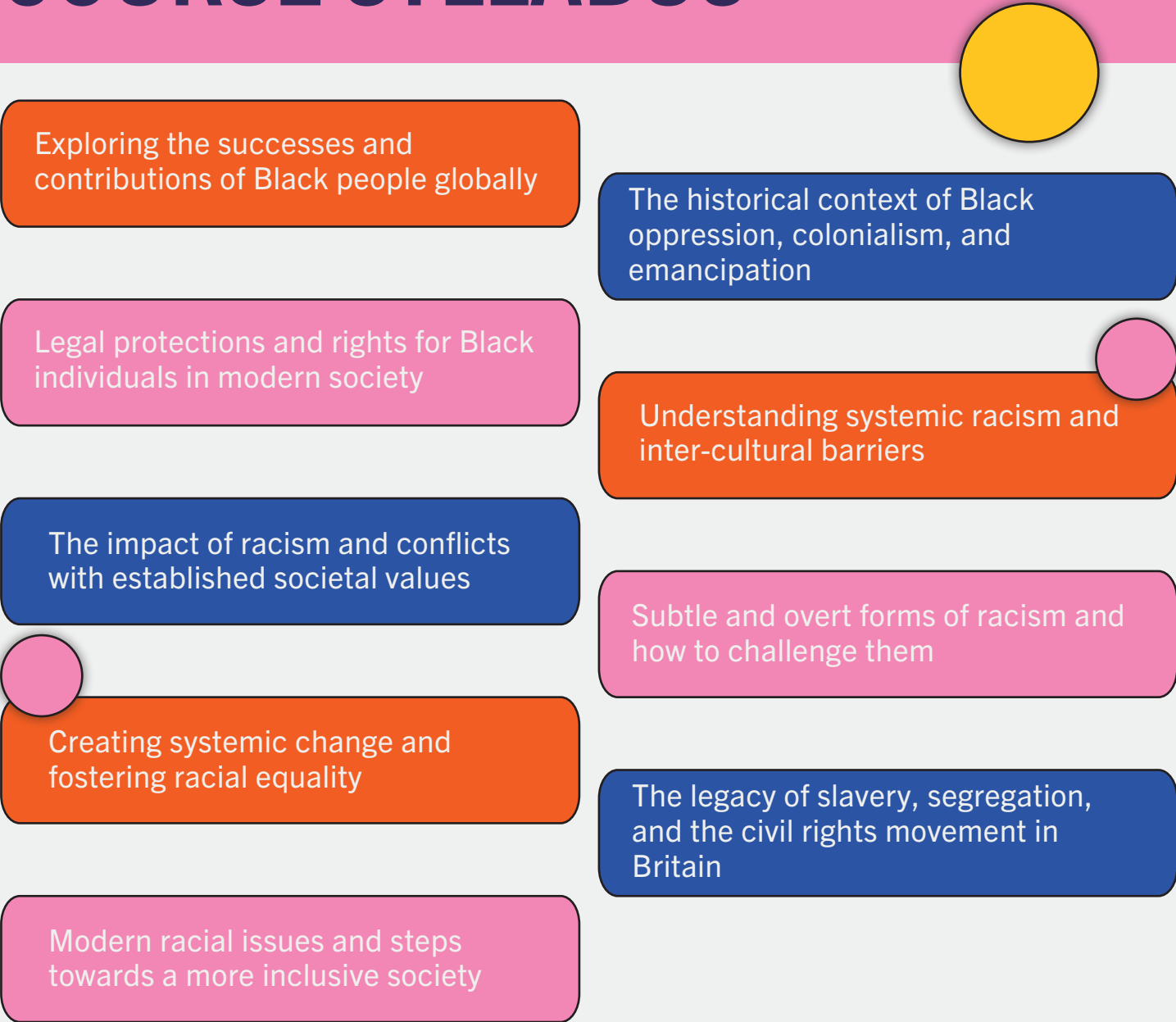


BLACK HISTORY AWARENESS



This course provides a deep insight into the history of Black communities, covering significant achievements, struggles, and contributions of Black individuals at both national and global levels. The programme explores the legacies of slavery, colonialism, and the civil rights movement, addressing their lasting impact on modern society. Learners will develop a better understanding of structural discrimination, racism, and how to challenge inequality in contemporary settings.

COURSE SYLLABUS

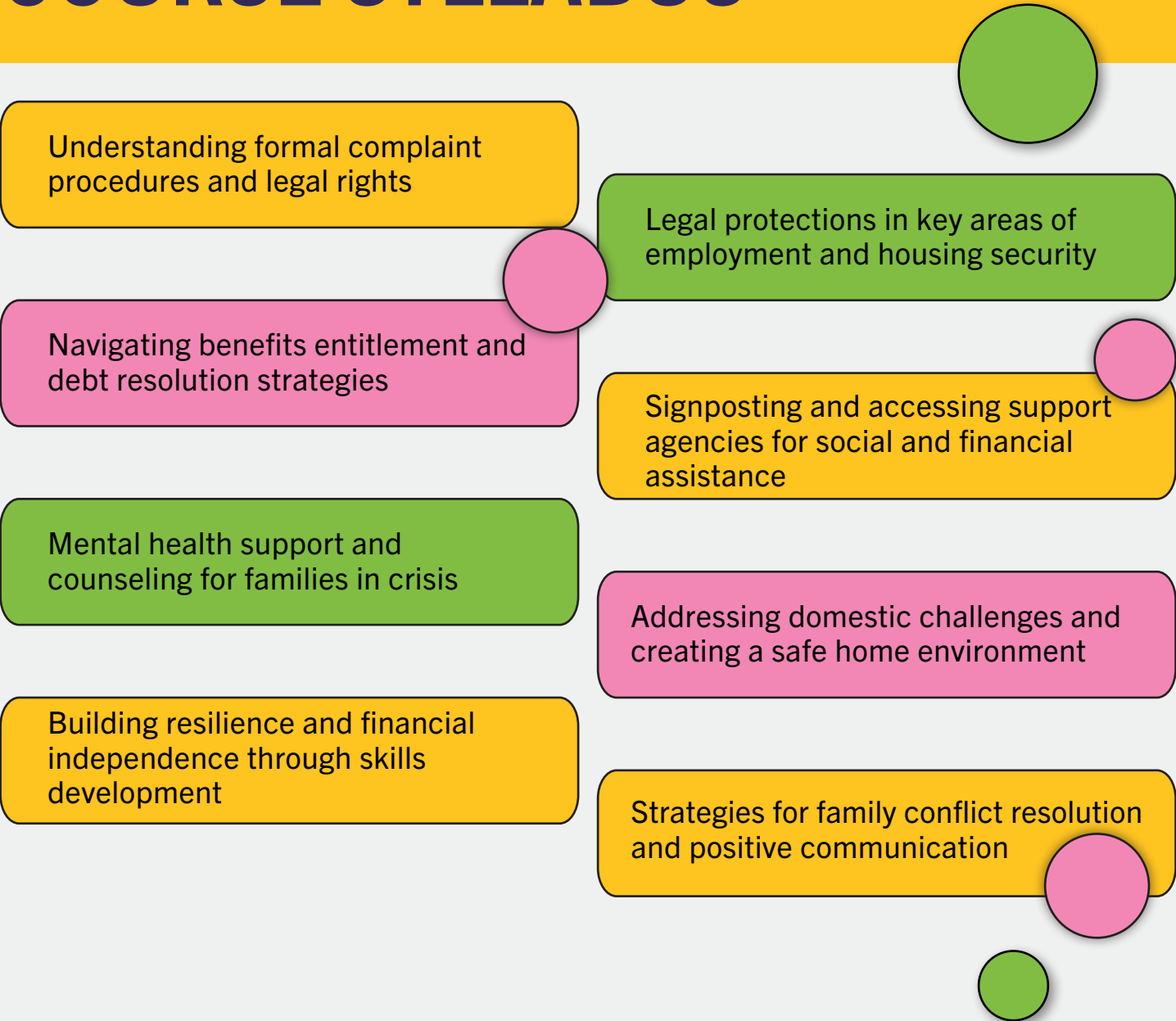


FAMILIES IN CRISIS



This programme provides essential support to families facing multiple social, economic, health, and behavioral challenges. The course aims to equip participants with knowledge about key services, legal protections, and available resources for financial stability and social well-being. Participants will explore how to navigate challenges such as employment insecurity, debt resolution, housing concerns, and mental health support while receiving guidance on accessing government aid and community-based assistance. The course focuses on social mobility and empowering families to overcome barriers and improve their quality of life.

COURSE SYLLABUS



PROSTATE CANCER AWARENESS

This course raises awareness about prostate cancer, emphasizing the importance of early detection, screening, and treatment. It is particularly aimed at addressing health disparities among high-risk groups, such as Black men, who are statistically more likely to be affected by prostate cancer. Learners will explore the impact of stigma and reluctance to seek medical support, as well as holistic and medical treatment options for improving survival rates. Early detection of prostate cancer can significantly improve survival rates of those diagnosed.

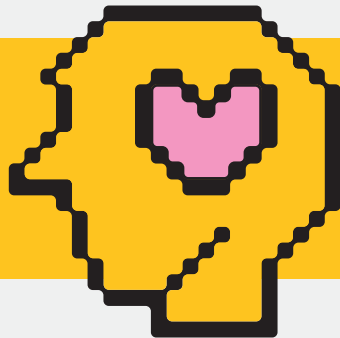
COURSE SYLLABUS



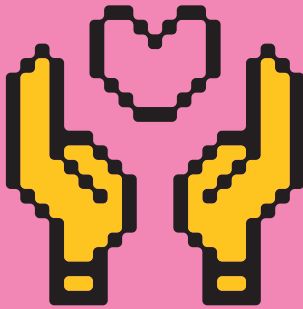
MENTAL HEALTH TRAINING

This course explores mental health and stress in today’s society, examining the various signs, symptoms, and impacts of mental health conditions. It takes a preventative approach by identifying strategies and techniques for mental well-being. Learners will gain insights into different cultural perspectives on mental health and how stigma and taboos affect accessibility to support systems. The course also covers ways to make mental health services more inclusive and effective for diverse communities. This course explores lived experiences and the impact individually, socially and societally and to identify real solutions and support.

COURSE SYLLABUS



HOLISTIC HEALTH



This training programme addresses the emotional, social, and ethical needs of learners through an integrated learning format. The focus is on fostering healthy lifestyles and nurturing positive environments by incorporating natural therapies and holistic healing practices. Learners will explore the science behind natural remedies, traditional healing techniques, and alternative medicine, helping them make informed decisions about health and well-being. Guest speakers specialising in holistic wellness will provide insights into how different cultures approach healing and disease prevention. It is important to discuss natural therapies prior to taking them with

COURSE SYLLABUS

