

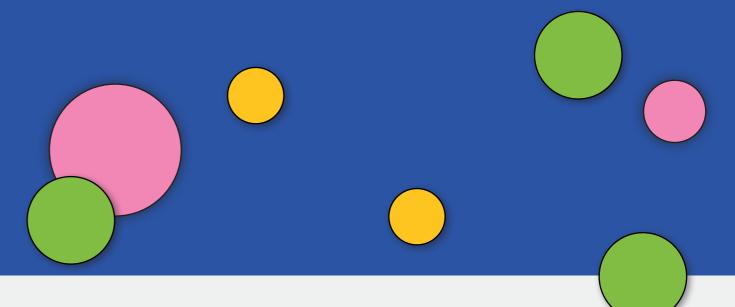
LEARNING PROGRAMES

Help Unify Mankind And Nations Make us Human 2025



CONTENT





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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









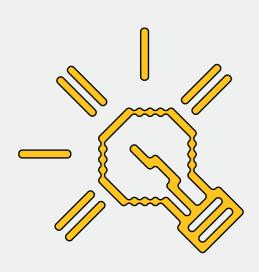




TRAINING **PROGRAMME** & PROVISION

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 selfesteem and selfdiscipline, 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."

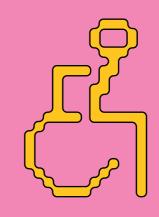
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TARGET GROUPS

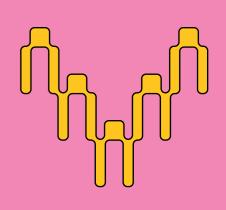


Pregnant Women, Domestic **Abuse Victims or Survivors**





A person with Disabilities Organisations, Women-Led Organisations, Specialist & Learning Difficulties Agencies, Schools, Private & Public Sectors, etc.



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



Vulnerable Adults & over 50s



COST



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

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

Expenses in GBP

Training Costing

varies depending on the business

Study Material

£TBC

Travel £TBC

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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.



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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.

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

Developing an effective personal statement and professional profile

Understanding the importance of CV structure and presentation

Mastering interview techniques and preparing answers to questions

Developing confidence and strong communication for job interviews

Accessing disability support and employment assistance for job seekers & those in employment



Creating compelling cover letters tailored to job applications

Building resilience and staying motivated after job rejections

Recognising and applying transferable skills for expanding job opportunities

Understanding formal and informal communication methods for professional settings





COURSE SYLLABUS

Understanding unconscious bias and its impact on decision-making

Recognising implicit biases in professional and personal interactions

Developing self-awareness through unconscious bias testing

How biases affect workplace diversity and equal opportunities

Creating bias-free environments through policy and advocacy

The origins of bias and how it develops in individuals and societies

The role of unconscious bias in perpetuating systemic discrimination

Practical strategies for challenging biases and fostering inclusivity

Examining the sociology of discrimination and its effects on confidence and growth



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.

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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



Recognising and addressing disability discrimination

Practical support strategies for individuals with disabilities for authentic inclusion

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

The legal protections and policies surrounding disability rights

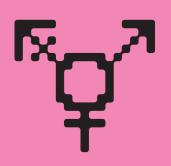
Creating inclusive workplaces and communities

Identifying and accommodating learning disabilities such as dyslexia



ESOL A1 & A2 ONLY

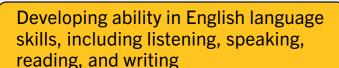
LGBTQIA+ TRAINING



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.

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 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



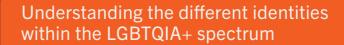
Improving communication skills for personal and professional interactions

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.

COURSE SYLLABUS



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



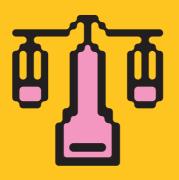
The significance of pronouns and gender identity in fostering inclusivity

Exploring intersectionality and how it impacts LGBTQIA+ experiences

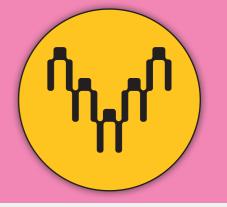
Real-Life Scenarios Faced by LGBTQIA+ People

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

GENDER EQUALITY



PERSONAL SOCIAL DEVELOPMENT



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.

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

How social norms influence gender roles and expectations

Challenging workplace inequalities, including pay gaps and promotions

Understanding the intersectionality of race, gender, and economic

Creating strategies to promote gender inclusivity in professional settings

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

Exploring systemic barriers that prevent gender parity

The impact of unconscious bias and strategies to overcome it

Legal frameworks protecting gender equality and anti-discrimination policies

COURSE SYLLABUS

Understanding the importance of personal and social development

The role of mental health in overall well-being

The significance of reconciliation and forgiveness in personal growth

Practical techniques for cultivating happiness, trust, and resilience

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

Effective strategies for managing stress and anxiety

Recognising and overcoming internal and external self-image issues

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

PARENTING SKILLS

LIFE 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...

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



How to provide effective support for children's development and well-being

Understanding early help services and how to access them

Identifiers for neurodiversity in children and families

Recognising the impact of parental substance misuse on family stability

Defining and fulfilling parental duties and responsibilities



Intervention strategies for assisting families in crisis

Managing challenging behaviors in children and adolescents

Safeguarding children from societal grooming and negative elements

Navigating separation, divorce, and maintaining parent-child contact

COURSE SYLLABUS

Developing assertiveness and selfcontrol in professional and personal life

Developing self-awareness through unconscious bias testing

Strengthening communication and interpersonal skills in different settings

Overcoming social barriers and and teamwork

Enhancing self-awareness, empathy, and emotional intelligence

Building life skills and employment readiness for individuals from modest socio-economic backgrounds

Encouraging creativity, innovation, entrepreneurship and critical thinking



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SOCIAL RESPONSIBILITIES

BLACK HISTORY AWARENESS



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.

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.

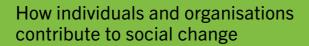
COURSE SYLLABUS

Understanding social responsibility and its impact on communities

The role of activism in combating injustice and inequality

Addressing economic and financial sustainability in community

Creating Social, Economic, and Financial Sustainability for Future



Creating inclusive and collaborative communities

Balancing freedom and responsibility in an evolving global landscape

Knowing legal protections and their potential erosion

COURSE SYLLABUS

Exploring the successes and contributions of Black people globally

Legal protections and rights for Black individuals in modern society

The impact of racism and conflicts with established societal values

Creating systemic change and fostering racial equality

Modern racial issues and steps owards a more inclusive society

The historical context of Black oppression, colonialism, and emancipation

Understanding systemic racism and inter-cultural barriers

Subtle and overt forms of racism and how to challenge them

The legacy of slavery, segregation, and the civil rights movement in Britain

FAMILIES IN CRISIS



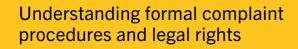
PROSTATE CANCER AWARENESS

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.

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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



Navigating benefits entitlement and debt resolution strategies

Mental health support and counseling for families in crisis

Building resilience and financial independence through skills development

Legal protections in key areas of employment and housing security

Signposting and accessing support agencies for social and financial assistance

Addressing domestic challenges and creating a safe home environment

Strategies for family conflict resolution and positive communication

COURSE SYLLABUS

Understanding what prostate cancer is and how it develops

The importance of screening and early diagnosis

The role of well-being practices in reducing prostate cancer risks

Encouraging men to seek medical support and regular health check-ups

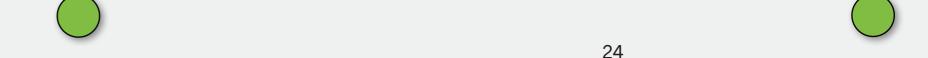
Recognising early signs and symptoms of prostate cancer

Medical and holistic treatment approaches

Addressing health disparities and stigma in high-risk groups and communities

Understanding Triggers and Causes





MENTAL HEALTH TRAINING

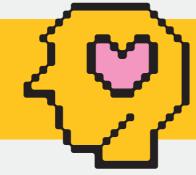
HOLISTIC HEALTH



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.

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



Understanding what mental health is and why it matters

Recognizing the signs and symptoms of common mental health conditions

Exploring emotional resilience and self-care strategies

Techniques for managing emotions and stress effectively

How to build wellbeing for improved mental health maintenance

The importance of developing individualized strategies and techniques mental health plan

Addressing inequalities and barriers to mental health care

Reducing stigma and increasing awareness around mental health in different communities

COURSE SYLLABUS

Understanding the role of pharmaceutical and natural remedies to promote mental and physical

The history and benefits of traditional healing

The cultural exchange of herbs, spices, plants, barks and therapeutic

Integrating natural remedies into modern healthcare approaches

Exploring holistic lifestyles through medical, medicinal, and therapeutic practices

Global natural remedies and their contributions to health and balance

Alternatives methods to address common ailments: for pain relief and overall well-being

The importance of self-care and preventive wellness strategies

