

# ELEARNING COURSE CATALOGUE

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Here at Acorn Learn hub we strive to make the best and most informative content possible so that you, the learner, feel as though you have gained knowledge but also enjoyed your experience with us.

Our eLearning courses are split up into 7 Categories:

1. Health Care & Clinical
2. Safety, Compliance & Workplace Risk
3. Mental Health, Wellbeing & Behaviour
4. Leadership, Management & Professional Development
5. Digital, Data & Security
6. Specialist & Sector Specific
7. Multilingual / Localised Version

## PRICING

Our pricing ranges from €15 - €30 for individual courses.

**\*For organisations looking to offer training to their employees, please get in touch with our team to discuss corporate packages.**

## CHOOSING YOUR COURSES

**Review the course categories in this catalogue and choose the ones that best fit your interests and career goals. Once you complete them, If you'd like guidance, our team can recommend options based on your long-term goals.**

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# HEALTH, CARE & CLINICAL

*Covers essential clinical, healthcare, and wellbeing competencies for frontline staff and carers.*

*Includes medical awareness, infection prevention, medication safety, and patient dignity training.*

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|-------------------------------------------------------|-------------------|
| • <b>First Aid Theory</b>                             | €20 - 120 minutes |
| • <b>CPR &amp; AED Training (Theory)</b>              | €20 - 30 minutes  |
| • <b>Paediatric First Aid Theory</b>                  | €20 - 120 minutes |
| • <b>Sports First Aid</b>                             | €20 - 120 minutes |
| • <b>Understanding Diabetes</b>                       | €20 - 30 minutes  |
| • <b>Cardiomyopathy</b>                               | €20 - 45 minutes  |
| • <b>Chronic Obstructive Pulmonary Disease (COPD)</b> | €20 - 40 minutes  |
| • <b>Epilepsy Awareness</b>                           | €20 - 40 minutes  |
| • <b>Understanding Dementia</b>                       | €20 - 40 minutes  |
| • <b>End of Life Care</b>                             | €20 - 40 minutes  |
| • <b>Infection Prevention &amp; Control (IPC)</b>     | €20 - 35 minutes  |
| • <b>Safe Administration of Medication (SAMM's)</b>   | €30 - 40 minutes  |
| • <b>Maternity Risk Assessments</b>                   | €20 - 30 minutes  |
| • <b>Dignity &amp; Respect at Work Training</b>       | €20 - 40 minutes  |



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# SAFETY, COMPLIANCE & WORKPLACE RISK

*Promotes safe work practices, regulatory compliance, and hazard prevention across industries.*

*Ideal for all staff responsible for maintaining a safe working environment.*

- |                                                                      |                  |
|----------------------------------------------------------------------|------------------|
| • <b>Fire Awareness (English)</b>                                    | €15 - 90 minutes |
| • <b>Fire Safety (Polish)</b>                                        | €15 - 90 minutes |
| • <b>Manual Handling (Theory Only)</b>                               | €15 - 60 minutes |
| • <b>Manual Handling (Polish)</b>                                    | €15 - 60 minutes |
| • <b>Manual Handling (Ukrainian)</b>                                 | €15 - 60 minutes |
| • <b>Patient/People Moving and Handling</b>                          | €30 - 45 minutes |
| • <b>Working at Heights</b>                                          | €20 - 40 minutes |
| • <b>Abrasive Wheels</b>                                             | €20 - 35 minutes |
| • <b>Chemical Safety Awareness</b>                                   | €20 - 35 minutes |
| • <b>E-Scooter Safety</b>                                            | €15 - 30 minutes |
| • <b>Display Screen Equipment (DSE) Assessment</b>                   | €15 - 30 minutes |
| • <b>HACCP Level 1</b>                                               | €15 - 90 minutes |
| • <b>HACCP Level 2</b>                                               | €20 - 90 minutes |
| • <b>Allergen Awareness</b>                                          | €15 - 15 minutes |
| • <b>Prevention and Management of Aggression and Violence (PMAV)</b> | €30 - 60 minutes |
| • <b>Positive Handling in Schools</b>                                | €25 - 30 minutes |

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# MENTAL HEALTH, WELLBEING & BEHAVIOUR

*Encourages positive mental health, emotional resilience, and understanding of behavioural conditions.*

*Combines personal wellbeing with professional behaviour management.*

- |                                                        |                  |
|--------------------------------------------------------|------------------|
| • <b>5-Day Challenge to Improve Your Mental Health</b> | €15 - 30 minutes |
| • <b>Setting Goals That Actually Work</b>              | €15 - 30 minutes |
| • <b>Autism Spectrum Disorders (ASD)</b>               | €20 - 60 minutes |
| • <b>PMAV (behavioural de-escalation)</b>              | €25 - 30 minutes |
| • <b>Safeguarding Vulnerable Adults</b>                | €20 - 60 minutes |
| • <b>End of Life Care (wellbeing element)</b>          | €20 - 30 minutes |



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# LEADERSHIP, MANAGEMENT & PROFESSIONAL DEVELOPMENT

*Encourages positive mental health, emotional resilience, and Builds leadership competence, equality awareness, and legal compliance in professional settings.*

*Ideal for supervisors, managers, and team leads.*

- **Appraisal Skills Training Course** €20 - 30 minutes
- **Setting Goals That Actually Work** €15 - 30 minutes
- **Dignity & Respect at Work Training** €20 - 40 minutes
- **Human-Rights Based Approach to Health and Social Care and the Assisted Decision-Making (Capacity) Act, 2015** €30 - 40 minutes
- **Gender Pay Gap Reporting** €20 - 30 minutes



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# DIGITAL, DATA & SECURITY

*Strengthens awareness of cyber threats and responsible data management.*

*Suitable for all staff handling digital information.*

**Cyber Security** €20 - 30 minutes

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# SPECIALIST & SECTOR-SPECIFIC

*Advanced training tailored to healthcare and education sectors  
requiring specialist competency.*

- **Safe Administration of Medication  
(SAMM's)** €30 - 40 minutes
- **Patient/People Moving and Handling** €30 - 45 minutes
- **Positive Handling in Schools** €25 - 30 minutes

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# MULTILINGUAL

*Provides essential safety courses in multiple languages for inclusive workplace training.*

- **Fire Safety (Polish)** €15 - 90 minutes
- **Manual Handling (Polish)** €15 - 60 minutes
- **Manual Handling (Ukrainian)** €15 - 60 minutes

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