



**Equality &  
Diversity UK**

Training • Resources • Network



**This course is available as an In-House Course and we also run it as an Open Course in London and Manchester**

## Disability Awareness

This one-day training course offers you an in depth understanding of disability, impairment and mental ill health.

The course is suitable to people who want to increase their awareness of disability issues or gain more confidence in working with or supporting people with a disability, impairment or mental ill health.

The course gives an in depth understanding of disability, impairments, mental health and the factors that can affect wellbeing

Delegates will gain:

- Practical skills to make reasonable adjustments, meet needs and to explore the issues from different perspectives (race, gender, sexuality etc)
- Confidence to proactively make reasonable adjustments, meet needs and to offer tailored services
- Knowledge to guide you to further resources and materials to meet your needs

### Course Outline

- Introduction
- Disability and different models
- Disability myths and misconceptions
- Disability matters
- What the law says
- Including everyone, regardless of their disability, impairment or mental health
- The importance of language
- Reflecting on experiences

## The Benefits of attending Equality, Diversity and Inclusion training

The course introduces the Equality Act 2010 and details each of the protected characteristics so you can learn more about what they are and how to avoid discrimination through your behaviours, language, attitudes, conscious and unconscious bias and actions.

The course looks at good EDI processes, practices, procedures and policy and aims to help you to manage/promote a fairer, more accepting and more diverse working environment.

## How is the course structured?

The course is run as a 1-day workshop. Delivery is through a mixture of methods and involves delegates in group exercises and discussions. Training is practical and interactive.

## Cost

### Open Course

Delegate Rate: £395.

This includes lunch, refreshments and course pack to take away

This is reduced to £355 per delegate for Network members and where more than one person from an organisation books on to the same course

### In House Course

Half Day: £495

Full Day: £795

These rates are for groups of up to 20 delegates

Travel costs are in addition. Please see our [Costs and Agreement](#)

## Equality and Diversity UK Contact Details

Email: [info@equalityanddiversity.co.uk](mailto:info@equalityanddiversity.co.uk)

Telephone: 0161 763 4783

Website: [www.equalityanddiversity.co.uk](http://www.equalityanddiversity.co.uk)