

Course Snapshot

Element	1-Day Format	2-Day Format
Total contact hours	8 hrs	14 hrs
Ideal group size	12–24 participants	12–24 participants
Target audience	Front-line staff, volunteers, teachers, community leaders, HR & HSE personnel	
Delivery style	Face-to-face or blended (live-online modules + in-person skills lab)	
Certificate	Valid 2 years, after 100 % attendance + skills check	