

PRINGLE

TRAINING SOLUTIONS

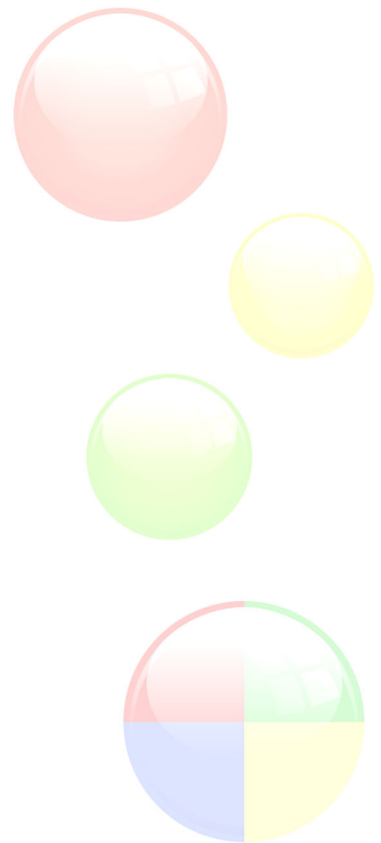




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COMPANY INFORMATION

About Pringle PCS Training Solutions

Since 1998, Pringle PCS has proudly delivered top-quality training solutions to businesses across the UK. Based in Sheffield, we are recognized experts in the training industry, driven to inspire and elevate each individual and team we work with, regardless of role or title. We offer a comprehensive range of IT, Business Skills, and First Aid training solutions, including scheduled courses, one-to-one coaching, classroom bookings, remote live online learning and on-site sessions nationwide.

Whether you're seeking specialized IT expertise, essential Business Skills, comprehensive First Aid training, or an engaging team-building day, Pringle PCS stands ready to deliver effective, customized solutions to meet your goals.



IT TRAINING



BUSINESS SKILLS



FIRST AID



TEAM BUILDING



Our Nationwide Training Services

We provide training services across the UK, reaching companies of all sizes and industries. Our team can transform any space into a fully equipped training environment, complete with high-spec IT setups to ensure a seamless learning experience. We also support company-specific training programs, facilitating the efficient rollout of unique procedures across your organization.

Sheffield Training & Conference Centre (Skywalker House)

Our Sheffield Training & Conference Centre at Skywalker House is a versatile facility, perfect for both scheduled courses open to all organizations and private company courses tailored specifically to meet your business's unique training needs. This flexible setup offers an exceptional environment for skill-building, collaboration, and networking, with opportunities for attendees to connect with peers from various industries during scheduled sessions, or focus on company-specific objectives during private courses.



State-of-the-Art Training Rooms: Each room is equipped with high-spec technology designed to enhance learning. Our IT labs feature computers with large 27" screens, perfect for detailed software or technical training sessions.

Specialized Course Spaces:

- **IT Training:** High-performance computers and 27" screens support any software or IT-focused course, creating an ideal setup for in-depth, hands-on learning.
- **Business Skills Training:** Spacious rooms with large display screens and breakout areas encourage group exercises and collaborative activities, making them ideal for developing business skills.
- **First Aid Training:** Each participant is provided with their own CPR dummy and access to demonstration defibrillator machines, ensuring a hands-on, practical approach to First Aid training.

Relaxed Break Areas with Engaging Activities: During breaks, participants can unwind in our comfortable lounge, challenge colleagues to a game of pool, or explore our immersive driving simulators and VR experiences. These activities provide a refreshing break from training, adding an enjoyable and memorable dimension to the overall experience.

Online Training via Microsoft Teams

Our online training sessions, conducted through Microsoft Teams, offer unmatched convenience and accessibility, allowing participants to join from anywhere. To ensure the best experience, we recommend a dual-screen setup, a working camera, and a microphone. This setup enables learners to view course content on one screen while practicing in real-time on another, enhancing engagement and retention. A working camera and microphone allow for active participation and interaction with instructors and fellow attendees, creating a dynamic learning environment.

Our training rooms are designed to bridge the gap between in-person and remote learning. Remote attendees can join live, fully interactive sessions that simulate the experience of being physically present. With a multi-camera setup, remote participants can view all other attendees and the trainer, providing an immersive experience. This setup fosters engagement and energy that can sometimes be missing in traditional remote online training, making every session as interactive and lively as possible.

Training Delivery Options

Face-to-Face at PCS Training Centre (Skywalker House)

- **Location:** Our state-of-the-art training rooms at Skywalker House are fully equipped and include relaxed breakout areas, creating a comfortable and productive learning environment.

On-Site Training at Your Location

- **Convenience:** We come to your premises, fully prepared to conduct training in a familiar setting, allowing your team to engage and learn in the comfort of their own workspace.

Remote Training via Microsoft Teams

- **Flexibility:** Our online sessions are accessible from any location, making it easy for distributed teams to participate, with no travel required.

One-to-One Training

- **Personalisation:** Individual coaching tailored to focus on specific skills and development needs, providing a targeted learning experience.

Scheduled Courses

- **Cost-Effective:** Ideal for smaller teams, these sessions are an economical option, bringing together participants from different organisations for a collaborative learning experience.

Company Classroom Training

- **Exclusivity:** Private sessions exclusively for your company, tailored to meet your team's unique objectives. Training can take place either at your own offices or at Pringle PCS's fully equipped training centre.

Bespoke IT & Business Skills Training

For a truly exclusive and personalized training experience, Pringle PCS offers **Bespoke IT and Business Skills Training Days**, designed to align perfectly with your company's unique needs. This means that every element of the training—from topics covered to scenarios used—is tailored to directly address the challenges your team encounters in their day-to-day roles.

Flexible Location and Timing:

- Our Bespoke Training Days can be held at our fully equipped offices or on-site at your company's premises, creating a familiar learning environment.
- We also offer flexibility with **evening and weekend sessions** upon request, which is ideal if your team has specific availability constraints.

Customised to Your Company's Data and Scenarios:

- We can integrate your company's data and real-life scenarios into the training. This allows staff to learn within the exact context they work in, making the training highly relevant and immediately applicable.
- Whether it's your CRM system, specific data sets, or common operational situations, the course material will reflect the actual tools and situations your employees use.

Mix and Match Course Topics:

- Courses are **fully customisable**—you can combine topics from various skill levels or even blend subjects from different courses. For instance, if your team needs advanced Excel functions alongside project management techniques, we can create a unique curriculum that addresses both.
- This tailored approach ensures you maximize the training day, covering exactly what your team needs without unnecessary or unrelated content.

Enhanced Practicality and Focused Solutions:

- By addressing the precise needs of your organization, these sessions provide focused solutions to real-world problems, making your team more effective and confident in their roles.
- Whether it's troubleshooting, improving workflow efficiency, or upskilling, your staff will leave with the tools they need to make an immediate impact.

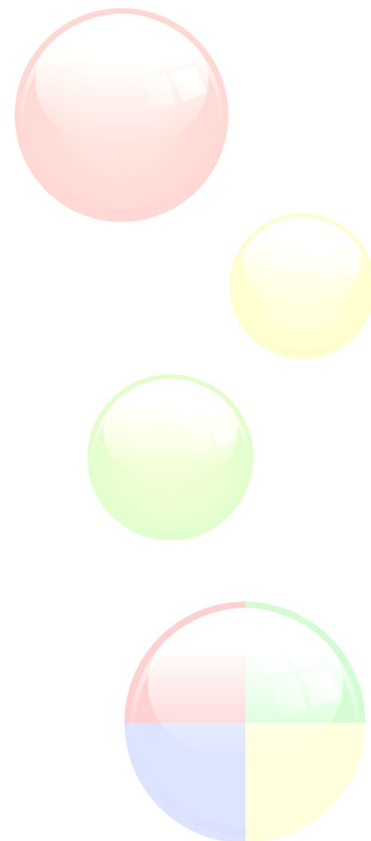


Training Courses Free Re-sit

Pringle PCS provides a unique benefit: **100% free re-sits with no hidden costs**. When you attend any of our IT or Business training courses, you're eligible to re-attend the same course online within twelve months—at absolutely no additional charge. This applies whether your initial session was a classroom course (with fewer than six participants) or a one-to-one session. Simply join a online scheduled course at the same level as your original, allowing you to further reinforce your skills.



Our commitment to high-quality training ensures that every participant gains the practical skills needed to excel. For example, completing an intermediate course means that attendees can confidently perform at an intermediate level. This dedication extends beyond the classroom, as our free re-sit policy supports skill reinforcement and effective application in the workplace.





IT TRAINING

IT Training Courses

Pringle PCS offers a comprehensive range of IT training courses, designed and taught by industry experts who bring practical knowledge and engaging instruction to every session. Our courses feature interactive workshops with real business examples, ensuring that participants acquire hands-on, applicable skills. Each course encourages active involvement from every delegate, fostering an enjoyable and collaborative learning experience that maximizes engagement and retention.

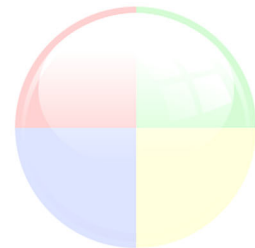
Every training course includes a comprehensive training manual, access to online video materials, and free support for any queries or challenges that may arise when using the program. Pringle PCS is dedicated to supporting your learning journey every step of the way, providing tools and resources that extend well beyond the classroom.

ESSENTIAL MICROSOFT OFFICE 365

DATABASE & PROGRAMMING

PROJECT MANAGEMENT

GRAPHICS & DESKTOP PUBLISHING



ESSENTIAL MICROSOFT OFFICE 365

Essential Microsoft Office 365 Training Courses

Mastering essential Microsoft Office 365 tools is vital for an efficient and successful office environment. These applications enhance productivity, facilitate collaboration, and streamline communication, ensuring smooth operations. Proficiency in these tools helps teams stay organised, adapt to modern workflows, and maintain a high level of efficiency across projects. Every employee should be proficient in these core Office 365 programs to fully support seamless and productive teamwork.



ITE365: Microsoft Office 365



ITEW: Microsoft Word



ITEE: Microsoft Excel



ITEP: Microsoft PowerPoint



ITEX: Microsoft Outlook



ITES: Microsoft SharePoint



ITET: Microsoft Teams



DATABASE & PROGRAMMING

Database & Programming Training Courses

These courses are designed to help you become a master database programmer, taught by experienced developers from our Solutions Department, who write and support databases for companies worldwide. Our expert-led training will equip you with the skills needed to build, support, and optimise databases on a global scale



ITDA: Microsoft Access



ITDS: Microsoft SQL



ITDV: Microsoft VBA | Access | Word | Excel



ITDP: Microsoft PowerBi



PROJECT MANAGEMENT

Project Management Training Courses

Our IT Project Management courses are led by experienced project managers who bring real-world expertise and advanced knowledge to the training. These courses equip participants with essential skills in project planning, task assignment, and real-time progress tracking. With tools for resource allocation, budget management, and streamlined communication, attendees learn how to keep projects on track and within scope. Advanced analytics and reporting features also empower informed decision-making, enhancing project outcomes and operational efficiency.



ITPP: Microsoft Project



GRAPHICS & DESKTOP PUBLISHING

Graphics & Desktop Publishing Training Courses

Our Graphic Design & Desktop Publishing courses focus on equipping participants with the skills to create visually engaging designs and layouts for both print and digital media. Attendees learn how to edit and enhance images, create vector graphics, develop polished layouts for publications, design websites, produce videos, and build flowcharts and diagrams for presentations. Each course uses professional tools tailored to specific design needs, from image manipulation to desktop publishing, providing a comprehensive foundation in creating impactful visual content.



ITGP: Adobe Photoshop



ITGI: Adobe Illustrator



ITGN: Adobe InDesign



ITGD: Adobe Dreamweaver



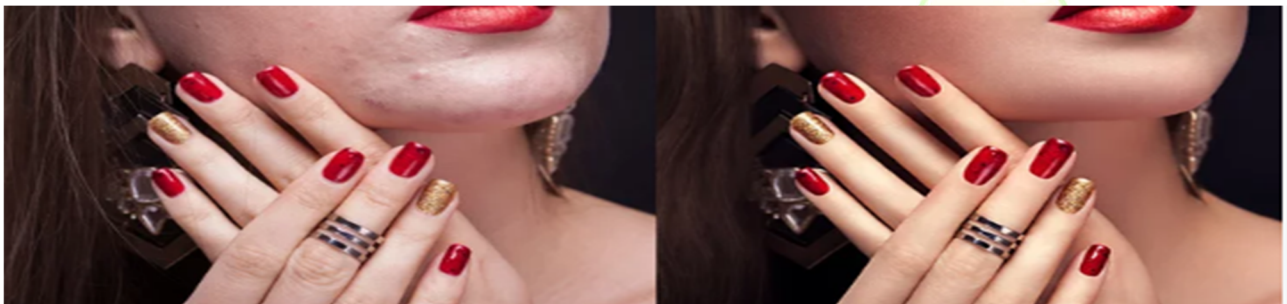
ITGR: Adobe Premiere



ITGV: Microsoft Visio



ITGA: Microsoft Publisher



IT TRAINING PRICES

IT One To One Prices

Teams Online One To One	£345
One To One: Client Site or Skywalker House	£395

IT Scheduled Course Prices

Scheduled courses are held online via Zoom or at Pringle PCS Training & Conference Centre Skywalker House.

Zoom Online Single Booking	£120 Per Person
Single Booking Scheduled Course at Skywalker House	£150 Per Person

IT Company Classroom Prices

This training is given exclusively for your company only either here at PCS or at your own premises. (Evening and weekend dates are also available on request)

Individual Days: Teams Online (Max 10 Delegates)	£495
Individual Days: PCS Or Client Site (Max 10 Delegates) Laptops Included	£595

IT Evening Or Half Day Sessions Prices

Individual Days: Teams Online (Max 10 Delegates)	£345
Individual Days: PCS Or Client Site (Max 10 Delegates) Laptops Included	£345

IT Bespoke Training Prices

Bespoke IT Training On-site at Client's Premises Skywalker House	£695
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Note: All Prices Ex VAT



BUSINESS SKILLS

Business Skills Coaching Courses

Our Business Skills training courses are tailored for those tasked with identifying development needs, planning, designing, and delivering effective training, as well as assessing and evaluating its impact. These courses coach participants in essential skills, such as conducting appraisals, coaching methodologies, instructional techniques, group dynamics, and student-centered learning.

Achieving success in business can be challenging, especially when employees lack foundational coaching in key areas. Our development programs are designed to build confidence, organization, and professionalism, equipping employees with the skills to excel in a range of core business functions. Our mission is to empower your staff and managers to reach their full potential, promoting growth and success throughout your organization.

ESSENTIAL BUSINESS

TRAINING SKILLS

MANAGEMENT

SALES & MARKETING



ESSENTIAL BUSINESS

Essential Business Training Courses

Our essential business coaching courses are designed to enhance communication, professionalism, and confidence in the workplace. Participants gain valuable skills in effective customer interactions, clear business communication, and assertive problem-solving, helping them handle challenging situations with ease. These skills empower employees to provide exceptional service, communicate more effectively, and build confidence, all of which contribute to a more productive and positive work environment.



BSE01: Telephone And Reception Skills



BSE02: Customer Care



BSE03: Confidence And Assertiveness



BSE04: Business Writing Skills



BSE05: Notes, Minutes, Communication And Meetings



BSE06: Handling Difficult Customers



SALES & MARKETING

Sales & Marketing Training Courses

Advancing in today's competitive business landscape requires well-trained, confident sales teams. Our development programs are designed to equip sales staff with the skills needed to excel, fostering greater confidence, organisation, and professionalism in every sales role. Through targeted training and development seminars, we empower sales staff and managers to reach their full potential. Our courses cover essential areas, including telephone sales, face-to-face techniques, and customer relationship management, providing a comprehensive approach to achieving sales excellence.



BSS01: Telephone Sales



BSS02: Social Media Marketing



BSS03: Negotiation And Influencing Skills



BSS03: Sales Masterclass



TRAINING SKILLS

Training Skills Training Courses

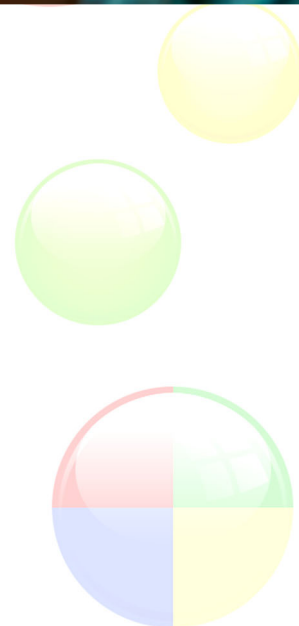
Our training programs are designed to elevate presentation and instructional skills across various levels. Participants gain the confidence to deliver impactful presentations, mastering techniques to engage audiences and communicate effectively. For those responsible for training others, our programs provide essential tools for designing, delivering, and evaluating effective training sessions. Advanced learners refine their skills with strategies for persuasive communication, audience management, and enhancing overall presentation impact, ensuring they leave a lasting impression.



BST01: Presentation Skills



BST02: Train The Trainer



MANAGEMENT

Management Training Courses

Our management training programs provide essential skills for effectively leading and organising teams. Participants learn techniques for prioritising tasks, managing time efficiently, and setting achievable goals to maximise productivity. Courses also cover critical skills in planning and overseeing projects, equipping managers to allocate resources, set milestones, and adapt to project changes seamlessly. Additionally, foundational management principles are introduced, including team supervision, communication techniques, and delegation. For those looking to further develop their leadership capabilities, we offer advanced training focused on motivating teams, handling challenges, and fostering a positive, results-oriented workplace culture.



BSM01: Time Management



BSM01: Project Management



BSM03: Introduction To Management & Supervisor



BSM04: Management & Leadership Skills: Mastering the Art of Management



BSM05: Mental Health For Managers | Managing Mental Health



BUSINESS SKILLS TRAINING PRICES

Business Skills One To One Prices

Online One To One	£345
One To One: Client Site or Skywalker House	£395

Business Skills Scheduled Course Prices

Scheduled courses are held online via Zoom or at Pringle PCS Training & Conference Centre Skywalker House.

Zoom Online Single Booking	£120 Per Person
Single Booking Scheduled Course at Skywalker House	£150 Per Person

Business Skills Company Classroom Prices

This training is given exclusively for your company only either here at PCS or at your own premises. (Evening and weekend dates are also available on request)

Individual Days: Teams Online (Max 10 Delegates)	£495
Individual Days: PCS Or Client Site (Max 10 Delegates)	£595

Evening Or Half Day Sessions Prices

Individual Days: Teams Online (Max 10 Delegates)	£345
Individual Days: PCS Or Client Site (Max 10 Delegates)	£345

Business Skills Bespoke Training Prices

Bespoke Business Training On-site at Client's Premises Skywalker House	£695
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Note: All Prices Ex VAT



FIRST AID

First Aid Training Courses

Pringle PCS offers accredited First Aid training for businesses and schools, led by experienced First Aiders and medical professionals. Courses cover essential skills like CPR, choking, bleeding, shock management, anaphylaxis, and AED use, fully qualifying participants as First Aiders. We also provide Paediatric First Aid certification for those working with children, plus Mental Health Awareness and specialised courses for managers. All courses are available on weekdays, evenings, and weekends for flexibility.

Paediatric First Aid



FAP01: One Day Emergency Paediatric First Aid



FAP02: Two Day Paediatric First Aid



FAP03: Blended Two Day Paediatric First Aid

First Aid At Work



FAW01: One Day First Aid Emergency



FAW02: Two Day First At Work Refresher



FAW03: First Aid | At Work - Three Day Certificate

Mental Health



FAM01: Mental Health Awareness



FAM02: Mental Health First Aid



FAM03: Mental Health Management

FIRST AID TRAINING PRICES

First Aid Courses Scheduled Course Prices

First Aid Emergency (Inc Paediatric Emergency First Aid) 1 Day	£80 Per Person
First Aid At Work Refresher 2 Days	£160 Per Person
First Aid At Work Certificate 3 Days	£240 Per Person
First Aid Refresher Half Day	£40 Per Person
Paediatric First Aid 2 Days	£160 Per Person
Blended Paediatric First Aid 1 Day Online Learning & 1 Day Classroom Session 9:30 -16:00	£80 Per Person

First Aid Company Classroom Prices

First Aid: MAX 12 DELEGATES	PER DELEGATE RATE	COMPANY CLASSROOM
First Aid Emergency (Inc Paediatric Emergency First Aid) 1 Day Min 5 Delegates (Per Delegate Rate)	£45 Per Person	£495 Max 24 - £ 745
First Aid At Work Refresher 2 Days Min Min 5 Delegates (Per Delegate Rate)	£90 Per Person	£745 Max 24 £ 995
First Aid At Work Certificate 3 Days Min 5 Delegates (Per Delegate Rate)	£120 Per Person	£1295 Max 24 £ 1595
First Aid Refresher Half Day Min 5 Delegates (Per Delegate Rate)	£30 Per Person	£345 Max 24 £ 495
Paediatric First Aid 2 Days Min 5 Delegates (Per Delegate Rate)	£90 Per Person	£745 Max 24 £ 995
Blended Paediatric First Aid 1 Day Online Learning & 1 Day Classroom Session 9:30 -16:00	£45 Per Person	£495 Max 24 £ 745
Emergency Paediatric First Aid Evening or Weekend 2 Sessions Min 5 Delegates (Per Delegate Rate)	£50 Per Person	£595 Max 24 £ 895
Paediatric First Aid 4 Sessions Min 5 Delegates (Per Delegate Rate)	£90 Per Person	£745 Max 24 £1295

Note: All Prices Ex VAT

MENTAL HEALTH TRAINING PRICES

Mental Health Scheduled Course Training Prices

One Day Mental Health Awareness	£150 Per Person
Two Day Mental Health First Aider Course	£195 Per Person
One Mental Health Management Course	£ 150 Per Person

Mental Health Company Classroom Prices

One Day Mental Health Awareness Max 10 Delegates	£595
Two Day Mental Health First Aider Course Max 10 Delegates	£845
One Mental Health Management Course Max 10 Delegates	£595

Online Mental Health Scheduled Course Prices

One Day Mental Health Awareness Online	£120 Per Person
Two Day Mental Health First Aider Course Online	£175 Per Person
One Mental Health Management Course Online	£120 Per Person

Online Mental Health Company Classroom Prices

One Day Mental Health Awareness Online Max 10 Delegates	£495
Two Day Mental Health First Aider Course Online Max 10 Delegates	£745
One Mental Health Management Course Online Max 10 Delegates	£495

Note: All Prices Ex VAT

HEALTH & SAFETY

Health & Safety Training Courses

Our Health & Safety courses provide essential training for workplace safety and compliance. The Fire Marshal course equips participants to handle fire emergencies, covering common fire causes, risk assessment, safety legislation, and extinguisher use. The Manual Handling course ensures legal compliance, focusing on safe lifting techniques, risk assessment, and ergonomic principles to prevent injuries. These online courses offer flexible, comprehensive safety training to meet workplace standards.



HSW01: Fire Marshall



HSW01: Manual Handling

HEALTH & SAFETY PRICES

Health & Safety Online Training Videos Prices

HSW01: Fire Marshall	£20 Per Person
HSW02: Manual Handling	£20 Per Person

Note: All Prices Ex VAT



TEAM BUILDING

Bespoke Team Building Day

Pringle PCS offers a fully customisable, full-day **Team Building experience** designed to strengthen communication, teamwork, and enjoyment within the workplace. This bespoke program combines hands-on exercises, workshops, and interactive games that encourage collaboration, engaging all team members—including quieter individuals—in a supportive, game-like environment.

The day features a variety of activities, including personality assessments, team challenges, paired first aid training, and a mental wellness workshop, all aimed at fostering resilience and team cohesion. Afternoon sessions include VR experiences, racing challenges, and other unique activities, making for a memorable, bonding experience.

Each Pringle PCS Team Building Day is tailored to align with your team's unique goals, ensuring that participants leave with practical skills to enhance both professional interactions and workplace dynamics

TEAM BUILDING PRICES

Bespoke Team Building Day Prices

Team Building - Up To 10 Delegates	£745
Team Building - Up To 20 Delegates	£995

Note: All Prices Ex VAT

