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School of Public Health Courses [1]

Return to the Courses page. [2]

Course	Audience	Description
CU: Introduction to the Search Advocate Program	This course is **recommended** for search committee members.	This **15-minute** course introduces search committee members to the role of search advocate, who is responsible for ensuring equity, diversity, and inclusion are prioritized throughout the search and selection process. An advocate will be assigned to each search committee. HCM Course Code: u00229 Start Course [3]
CU: *Total Worker Health* ® Leadership 101	This course is **recommended** for managers/supervisors interested in learning how to become leaders in their organization, who can drive organizational change to achieve *Total Worker Health* ®. Professionals who may benefit from this training include: business owners, executives, senior managers, benefits and HR professionals, occupational health and safety specialists, and public health advocates.	This **50-minute** course covers information on the *Total Worker Health* ® (TWH) Leadership 101 course to help you assess your current leadership strategy and build a framework for evaluating Total Worker Health at your unit, in your organization. HCM Course Code: u00207 Start Course [4]

Course	Audience	Description
CU: Salud Mental en el Lugar de Trabajo	Este curso está dirigido a líderes empresariales, profesionales de recursos humanos y cualquier persona interesada en aprender cómo mejorar la salud mental en el lugar de trabajo.	En este curso de 30 minutos, aprenderá la importancia de priorizar y abordar la salud mental en el lugar de trabajo a través de cuatro (4) componentes clave dentro de una organización: cultura, beneficios, capacitación y accesibilidad. Los participantes participarán en el contenido a través de resultados basados en investigaciones, testimonios en video y actividades interactivas para comprender mejor cómo pueden desempeñar un papel activo en el apoyo a la salud mental y el bienestar de los trabajadores. A través de este curso, los participantes aprenderán pasos de acción prácticos y útiles para crear conciencia sobre la salud mental, reducir el estigma y priorizar la atención para todos los empleados. HCM Course Code: u00239 Start Course [5]

Course	Audience	Description
CU: Suicide Prevention	This course is **recommended** for anyone interested in learning about suicide prevention in the workplace.	In this **60-minute**self-paced course, you'll learn how to recognize the warning signs and risk factors of suicide in the workplace, and how to appropriately follow-up when there are concerns. ***The content of this course discusses the sensitive and challenging topic of suicide. If this training is not appropriate for you at this time due to past or current experiences, then please access this content at a later time. If you or someone you know is needing help or support, please reach out to 988 via call or text.*** HCM Course Code: u00222 Start Course [6]
CU: Supporting Employees Affected by Cancer	This course is **recommended** for managers/supervisors, human resources personnel, anyone affected by Cancer (employees, team members, supervisors, allies, etc.), wellness specialists, health educators, safety managers.	In this **50-minute** course, learners will be given an overview of the ways to support employees affected by cancer. HCM Course Code: u00209 Start Course [7]

Course	Audience	Description
CU: Supporting Employees Affected by Substance Use Disorders	This course is **recommended** for managers/supervisors, human resources personnel, anyone affected by substance use disorder (employees, team members, supervisors, allies, etc.), wellness specialists, health educators, safety managers.	This **60-minute** course is part of the Colorado Recovery Friendly Workplace Initiative™ (RFW), a program administered by the Centers for Health, Work and Environment at the Colorado School of Public Health. RFW is designed to create a more positive and supportive workplace environment by eliminating stigma and supporting recovery. RFW provides education, training, and resources to help managers and individuals implement evidence-based workplace policies, practices, and programs to support employees affected by substance use disorders (SUDs). By taking this course, you will learn how to: • Identify the keys to success and potential obstacles for workplace-supported recovery. • Understand employer perspectives and legal protections for supporting employees in recovery. • Identify and respond to impairment in the workplace. • Define substance use disorder as a medical condition and recovery as a process of change. HCM Course Code: u10020

Course	Audience	Description
CU: Workplace Ergonomics	This course is **recommended** workplace health and safety professionals, human resource leaders, supervisors, and employees in physically demanding roles.	In this **60-minute**course, emphasizes practical applications for improving posture, workstation setup, body mechanics, and injury prevention. The training supports compliance with general duty standards for maintaining a safe workplace under the Occupational Safety and Health Act, and aligns with the principles of the*Total Worker Health*® approach. HCM Course Code: u00285 Start Course [9]
CU: Working with African Immigrants and Refugees	This course is **recommended** Business owners, Human Resources (HR)personnel, and agency leaders.	In this **60-minute** course, equips organizational leaders and managers with skills to advance Cultural Competency (CC) and Cultural Intelligence (CQ) for worker health, and safety. HCM Course Code: u00295 Start Course [10]

Course	Audience	Description
CU: Workplace Mental Health	This course is **recommended** for business leaders, HR professionals, and anyone interested in learning about improving mental health in the workplace.	In this **30-minute**course, you will learn the importance of prioritizing and addressing workplace mental health through four (4) key components within an organization: culture, benefits, training, and accessibility. Participants will engage in the content through research-based outcomes, video testimonials, and interactive activities to gain a better understanding of how they can play an active role in supporting the mental health and well-being of working people. Through this course, participants will learn practical and helpful action steps to raise awareness about mental health, reduce stigma, and prioritize care for all employees. HCM Course Code: u00217 Start Course [11]

Groups audience:
Employee Services

Source URL:https://www.cu.edu/employee-services/school-public-health-courses

Links
[1] https://www.cu.edu/employee-services/school-public-health-courses [2] https://www.cu.edu/employee-services/professional-growth-training/training-services/on-the-job/course-catalog
[3] https://share.percipio.com/cd/I8Qq-COSb [4] https://share.percipio.com/cd/qhu9hw5p6
[5] https://share.percipio.com/cd/-wRgtxKiP [6] https://share.percipio.com/cd/_JdWvI-nG
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