

# TRAINING

Business Courses

International Trade

Bespoke Courses



Sussex  
Chamber of  
Commerce



# Some organisations we have helped with training



# About us

**Sussex Chamber of Commerce has been working to support and grow local business across Sussex for 80 years!**

Sussex Chamber is the leading voice of business in our region shaping government and driving real change.

As the largest business membership organisation in Sussex, we represent and advocate for our members, ensuring their voices are heard at the highest levels, helping to influence policies that drive growth, innovation and prosperity.

Sussex Chamber of Commerce provides a wide range of high quality training courses across the Sussex region, focussing on topics such as:

- **Management & Leadership**
- **Sales & Marketing**
- **Health & Safety and Mental Health**
- **Digital Skills**
- **International Trade**

Expert trainers deliver courses aimed at empowering professionals to excel within their roles and industries, providing directly transferable skills that can be implemented immediately.

## Speak to the Team



**Lewis Knight**

Membership Executive

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# Why not try Bespoke Training?

At Sussex Chamber of Commerce, we understand that every business has unique training needs. That's why we offer bespoke training courses, tailored specifically to your organisation. Delivered at your premises for multiple staff members, our customized approach ensures maximum relevance, convenience, and value, helping your team develop essential skills efficiently.

## Benefits of bespoke training

- Tailored to your needs
- Convenient on-site delivery
- Cost-effective for teams
- Flexible scheduling
- Industry-specific expertise
- Improved team collaboration
- Focused learning outcomes

All our available courses are available to be delivered as a bespoke course, as well as some other courses which are currently not offered through our usual training course programme. Start the conversation today and let us help you and your staff thrive and succeed!

start the  
conversation  
here!



# Available Courses:

## Leadership & Management

- Introduction to Supervision
- Essentials of Supervision & Team Leadership
- Women in Leadership
- Roles & Responsibilities of a Company Director
- Roles & Responsibilities of a Non-Executive Director

## Sales & Marketing

- How to Build a Social Media Strategy
- Introduction to Email Marketing
- Using LinkedIn for your Business
- Make Every Sales Meeting Count
- Advanced Account Management & Business Development Skills

## Health & Safety & Mental Health

- Fire Safety
- Health & Safety in the Workplace
- Emergency First Aid at Work
- Suicide Prevention
- Managing Stress, Pressure & Resilience
- Mental Health Awareness

## Digital Skills

- AI For Business
- Cyber Security for Business

## International Trade

*Foundation Award in International Trade (awarded by **British Chambers of Commerce**)*

- Understanding Exporting
- Understanding Commodity Codes
- Methods of Payment
- Documentary Letters of Credit
- Import Procedures
- Inward & Outward Processing
- Agent's & Distributors
- Incoterms
- Preference Rules of Origin
- Export Documentation
- Customs Procedures & Documentation

# Rising Leader Coaching

Stepping into a leadership role? Rising Leader Coaching is here to help! Designed for newly promoted supervisors and junior managers, this 1-to-1 coaching programme provides the tools and confidence to lead effectively.

## This Programme Consists of:

- 1-to-1 Coaching Sessions
- 6 x 90 minute sessions (either face to face or online)

## Why Choose Rising Leader Coaching?

The coaching programme is **not** a training course but a powerful complement to traditional training. It focuses on individual growth, leadership challenges, and practical solutions to enhance leadership skills.

## What You Will Gain

- **People Management** – Team Building, Emotional Intelligence, Leadership Styles, Conflict Management
- **Performance Management**
- **Critical Thinking & Problem Solving**
- **Equality & Diversity** – best practices for inclusive leadership

**Find Out  
More!**



# Meet The Training Providers

**CCG** | Chichester  
College  
Group

inTEC BUSINESS



  
INTERNATIONAL  
TRADE MATTERS

THE SUSSEX  
**SOCIAL**

  
*TeamSkills*  
RELEASING  
POTENTIAL IN  
PEOPLE



**the sales  
managers'  
academy**

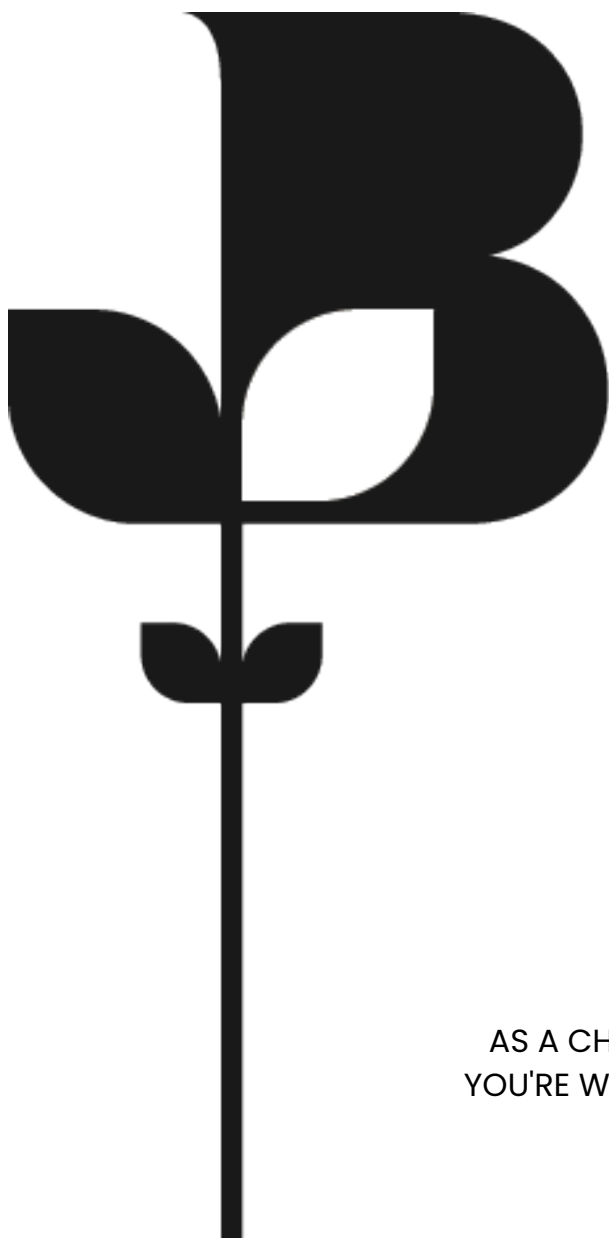
Gives you skills, confidence and results

**[WATCH  
THIS  
SPACE]**

  
**stratus**  
coaching

STRATEGIC MANAGEMENT  
  
PARTNERS

  
**wave  
active**



AS A CHAMBER MEMBER  
YOU'RE WELL CONNECTED