

**COS TRAINING RESOURCE  
CENTER PRESENTS**

# Essential HR

**March 4 - April 3, 2025**

**Tues/Thurs | 3:00-5:00 pm each day**

**Location: Regional Training Center @ Sorma:  
231 N. Kelsey St. Visalia, Ca 93291**

This course on Human Resources is designed to provide HR professionals with a comprehensive understanding of the management of an organization's workforce. The course covers a wide range of topics, including:

- Recruitment and Hiring
- Interviewing
- Hiring
- Orientation
- Managing Successfully
- Conflict Coaching
- Diversity, Equity, and Inclusivity
- Miscellaneous HR Problem-Solving
- Mental Health in the Workplace
- Culture Coaching
- Strategic HR
- Disciplinary Action and Termination/Separation



**REGISTER TODAY!**

## **WHO SHOULD ATTEND?**

- HR Professionals including Generalists, Associates, up-and-comers, and new managers.

*"Trainer was amazing in her presentation. Explained in detail & if we were not understanding, she would explain. Thank you for your time and energy." - Yolie, previous trainee*

**REGISTRATION: [www.cos.edu/trainingcenter](http://www.cos.edu/trainingcenter)**

**QUESTIONS: 559.688.3130 | [trainingcenter@cos.edu](mailto:trainingcenter@cos.edu)**

