

# COS TRAINING RESOURCE CENTER PRESENTS

# Essential HR

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

*"I came to class with very little knowledge about HR and, leaving here today, I can say I learned a lot! So thankful for the trainers" - Leonela, previous trainee*

**REGISTER TODAY!**

**NEW! You can now register for this class as an in-person participant or a Zoom participant!**

**April 7-May 7, 2026  
Tues/Thurs Only  
3:00pm-5:00pm  
1233 N. Century St.  
Visalia, Ca 93291**



TRAINING RESOURCE CENTER

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

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