

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 really enjoyed the time I had in this course. All info was given effectively & the trainer kept us engaged. I am so grateful for all of her knowledge & time she dedicated to the training" - Clarissa, previous trainee



REGISTER TODAY!

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

**Sep. 1 - Oct. 1, 2026
Tues/Thurs Only
3:00pm-5:00pm
1233 N. Century St.
Visalia, Ca 93291**



REGISTRATION: www.cos.edu/trainingcenter

QUESTIONS: 559.688.3130 | trainingcenter@cos.edu