**Roland's Lessons, Overview (UPDATED 04/06/25)**

**A mix of lessons from the different groups can be selected to meet your needs.**

**Courses are open to all interested in covering the subject matter, whether for awareness, oversight, refresher, or learning.**

**Courses are classroom-based and consist of lectures organised according to your requirements. Depending on the topic, there may be an element of role-play or an outside area.**

**DURATION: Individual lessons are normally around 45 minutes long, though this is not fixed and is determined by the pace of the class and question-and-answer time. When given as a group, the number of lessons offered in sequence will be as requested by the client.**

**LOCATION: This course takes place at the Client's choice of venue.**

**EQUIPMENT: If the course is taken at the client's location or a venue they have organised, a projector and speakers, a suitable screen, and Wi-Fi would be needed.**

**INSTRUCTORS: I normally conduct all the lessons myself, but I am also happy to fit into any concurrent training taking place with others and slot it into the planned curriculum and timetable**

**ATTENDEES: Classroom capacity. PRE-REQUISITES: None**

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| **AI, Virtual Reality & Cybersecurity** |
| **AI** |
| **AI 1 What is AI, and how did this all begin?** |
| **AI 2 The Dartmouth Conference, Spring and Winter** |
| **AI 3 The Development of Expert Systems** |
| **AI 4 The evolving systems** |
| **AI 5 AI and Healthcare** |
| **AI 6 The Shape of things to come**  |
| **Cyber Security** |
| **CS 1 Introduction: In a Bygone Age and Zero Trust** |
| **CS 2 Layered security** |
| **CS 3 The rise of mobile work** |
| **CS 4 Frequently used policies** |
| **CS 5 Security Scanning** |
| **CS 6 Security Practices 10 Basic practices** |
| **CS 7 Security Practices: Things to consider** |
| **CS 8 Security Practices Key areas to consider for Protection** |
| **CS 9 Security Practices, Technology, Media, and Telecommunications** |
| **CS 10 Security Practices, Technology, Media, and Telecommunications** |
| **CS 11 Data Theft** |
| **Virtual Reality** |
| **VR1** |
| **VR2** |
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| **Military Related** |
| **Awareness of weapons and munitions** |
| **Weapons** |
| **Introduction to weapons and ordinance 1** |
| **Introduction to weapons and ordinance 2** |
| **Introduction to weapons and ordinance 3** |
| **Introduction to weapons and ordinance 4** |
| **Munitions Safety 1**  |
| **Munitions Safety 2** |
| **Bomb Awareness** |
| **BA 1 IEDs** |
| **BA 2 Convoy attack**  |
| **BA 3 Bomb threats, considerations, searching** |
| **BA 4 Searching cont., actions on the phone.** |
| **Convoy Drills** |
| **Convoy Drills 1** |
| **Convoy Drills 2** |
| **Convoy Drills 3** |
| **Deception** |
| **Deception 1** |
| **Deception 2** |
| **Deception 3** |
| **Deception 4** |
| **Intelligence Gathering** |
| **Intelligence gathering 1** |
| **Intelligence gathering 2** |
| **Information classification** |
| **Interagency Intelligence Sharing** |
| **Interviewing** |
| **Pros and Cons of Surveillance** |
| **Reconnaissance Appreciation** |
| **Propaganda** |
| **Propaganda 1** |
| **Propaganda 2** |
| **Military Base Security** |
| **The Safe Haven Background 1** |
| **The Safe Haven Background 2** |
| **The Safe Haven 1** |
| **The Safe Haven 2** |
| **The Safe Haven 3** |
| **The Safe Haven 4** |
| **The Safe Haven 5** |
| **The Safe Haven 6** |
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| **Chemical Warfare & Chemical Warehouse** |
| **Chemical Weapons** |
| **Introduction to Chemical Weapons 1** |
| **Introduction to Chemical Weapons 2** |
| **Introduction to Chemical Weapons 3** |
| **Introduction to Chemical Weapons 4** |
| **Personal Protective Equipment (PPE)** |
| **PPE 1 Terminology IDHL Masks APR SCBA** |
| **PPE 2 Canisters** |
| **PPE 3 Gloves Boots Suits**  |
| **PPE 4 Protective Clothing Levels** |
| **Chemical Emergency Response Plan** |
| **Chemical Emergency Response Planning and Risk Assessment** |
| **Decontamination** |
| **Decontamination 1** |
| **Decontamination 2** |
| **Decontamination 3** |
| **VIP Decontamination** |
| **The storage of dangerous goods in a Chemical Warehouse** |
| **Chemical Warehouse 1 Legal Requirements and Hazard Classification** |
| **Chemical Warehouse 2: Dangerous Goods Classification** |
| **Chemical Warehouse 3 Risk Assessment**  |
| **Chemical Warehouse 4: Receipt of goods** |
| **Chemical Warehouse 5 Handling and Transport** |
| **Chemical Warehouse 6 Security**  |
| **Chemical Warehouse 7 Maintenance and Modifications** |
| **Chemical Warehouse 8 Storage of Hazardous Waste** |
| **Chemical Warehouse 9 Spillage control, Health Considerations, PPE**  |
| **Chemical Warehouse 10 Hazardous Area Classification**  |
| **Chemical Warehouse 11 Emergency Arrangements**  |
| **Chemical Warehouse 12 Emergency Procedures**  |
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| **Security** |
| **Home Security** |
| **Home Security A** |
| **Home Security B** |
| **Home Security C** |
| **Home Security D** |
| **Facilities Management** |
| **Facilities Manager Security Guidelines 1** |
| **Facilities Manager Security Guidelines 2** |
| **Maritime** |
| **An overview of maritime and port security, part 1** |
| **An overview of maritime and port security, part 2** |
| **An overview of maritime and port security, part 3** |
| **An overview of maritime and port security, part 4** |
| **Airport Security** |
| **Airport Security 1** |
| **Airport Security 2** |
| **Airport Security 3** |
| **Airport Security 4** |
| **Airport Security 5** |
| **Security Principles** |
| **Security 1** |
| **Security 2** |
| **Security 3** |
| **Security 4** |
| **Security 5** |
| **Security 6** |
| **Security 7** |
| **Security 8** |
| **Security 9** |
| **Community Policing**  |
| **Community Policing 1** |
| **Surviving the Walking Dead** |
| **Surviving the Walking Dead 1** |
| **Surviving the Walking Dead 2** |
| **Smart Cities and Urban Safety** |
| **Smart Cities and Urban Safety 1** |
| **Personal Security** |
| **Inconspicuous** |
| **Discipline and Development** |
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| **Business** |
| **To Begin** |
| **Business Principles and Practice** |
| **Steps to setting up a business 1 -23** |
| **Steps to setting up a business 24 – 46** |
| **Building a company: First-year reflections 1 Foundation and steps 1 – 3 of 10** |
| **Building a company: First-year reflections 2 Steps 4 – 10** |
| **Ethics** |
| **Ethics Hierarchy 1 Culture Core Values Vision Individual Behaviour Legal Mission Statement**  |
| **Ethics Hierarchy 2 Internal Vision Staff rules and regulations** |
| **Corporate Governance** |
| **Corporate Governance 1 8 factors, the 4 P’s, Examples** |
| **Corporate Governance 2 Key Players, Practices, Objectives, and Goals, one company’s 8 key practices.** |
| **Corporate Governance 3 8 key practices, What Else, Ethical issues, Issues, The King’s Code** |
| **The use of a Virtual Assistant** |
| **Virtual Assistant 1** |
| **Virtual Assistant 2** |
| **Virtual Assistant 3** |
| **Virtual Assistant 4** |
| **Change Management**  |
| **ChM 1 Change Overview/Leadership** |
| **ChM 2 Change Strategy** |
| **ChM 3 Communicating the reason** |
| **ChM 4 How to communicate** |
| **ChM 5 Strategic planning** |
| **ChM 6 Strategic planning** |
| **ChM 7 Tools** |
| **ChM 8 McKinsey’s 7S approach** |
| **Business Continuity (An overview for all)** |
| **CM1 Business Continuity 1** |
| **CM2 Business Continuity 2**  |
| **Crisis Management** |
| **Strategic Overview. (Gives senior management insight into the processes the teams should use)** |
| **CM 1: What are crisis management strategies, the importance of crisis management strategies and how to build them?** |
| **CM 2 A strategic approach to crisis management, crisis prevention as a strategic approach to crisis management.** |
| **CM 3 Models and theories to improve crisis management** |
| **CM 4: Models and theories to improve crisis management continuity.** |
| **The Plan (How to set up your plan of action and what not only to do but also avoid, intended for Crisis team leaders and teams)** |
| **CM 5 Components of a Crisis Management Plan** |
| **CM 6 Crisis management risk plan detail.**  |
| **CM 7 Examples of bad management and the first of the 5 costliest mistakes** |
| **CM 8 5 of the costliest mistakes**  |
| **CM 9 Best practice** |
| **Communications (Teaches team leaders and members how to communicate in a crisis)** |
| **CM 10 Communication in a Crisis** |
| **CM 11 Communications continued** |
| **CM 12 Communications and Review**  |
| **CM 13 Examples of good and bad social media**  |
| **The Team (A guide for those selecting team leaders, team leaders and those about to be team leaders)** |
| **CM 14 The Leader** |
| **CM 15 The Leader** |
| **CM 16 The Leader, 6 principles** |
| **CM 17 Crisis Manager role and team**  |
| **CM 18 Problems** |
| **CM 19 Crisis Management Team checklist**  |
| **Increasing Productivity and motivation** |
| **Increasing Productivity and motivation 1** |
| **Increasing Productivity and motivation 2** |

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| **Soft Skills** |
| **Emotional Intelligence** |
| **Emotional Intelligence 1 The 9 types of intelligence** |
| **Emotional Intelligence 2 Factors** |
| **Emotional Intelligence 3 Factors** |
| **Listening** |
| **LS 1 Communication Purpose Why Overall Strategy Body Language** |
| **LS 2 Challenges Barriers Effective Listening** |
| **LS 3 Business The 3 M’s: How Great Leaders Listen, Elon Musk** |
| **LS 4: The 10 principles of listening and recap** |
| **Answering and asking questions** |
| **Decision Making** |
| **Decision making 1 Factors, Decisions, Repercussions, Implications, Issues, 6 steps.** |
| **Decision making 2 Steps 2 – 3** |
| **Decision making 3 Steps 4 – 6, key points.** |
| **Strategy** |
| **Risk Management** |
| **Risk Management 1 Risk Management Process, Step 1** |
| **Risk Management 2 Step 2 and Step 3** |
| **Risk Management 3 Step 4** |
| **The Press** |
| **TM1: Who are the media, and what makes a good story** |
| **TM2 What people want, 10 objectives, organisational procedures, team procedures, individual responsibilities.** |
| **TM3 Do’s and don’ts, the paparazzi, creating the correct impression, handling the interview.** |
| **Self-Development** |
| **Development and Discipline** |
| **Self-Empowerment** |
| **Social Media Presence** |
| **Strengthen your professional presence on social media 1** |
| **Strengthen your professional presence on social media 2** |
| **Strengthen your professional presence on social media 3** |
| **Confrontation** |
| **Businesspeople confrontation** |
| **Manage the Boss** |
| **Managing the boss** |
| **Winning Habits** |
| **7 Winning Habits 1** |
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| **Medical and Laboratory** |
| **Laboratory** |
| **LAB 1 Background overview, health and safety management, and risk assessment.** |
| **LAB 2 Biological agents and containment levels.** |
| **LAB 3 Buildings and accommodation.** |
| **LAB 4 SOPs and safe working practices, PPE.** |
| **LAB 5 Bloodborne infections.** |
| **LAB 6 Handling specimens.** |
| **LAB 7 Automated lab. Equipment.** |
| **LAB 8 Microbiological safety cabinets and autoclaves.** |
| **LAB 9 Labelling, transport, and reception of specimens.** |
| **LAB 10 Cleaning, decontamination, waste, and staff training.** |
| **LAB 11 Health surveillance and immunisation** |
| **LAB 12 Incidents and accidents** |
| **LAB 13 Measuring, auditing, and reviewing performance** |
| **LAB 14 Microbiological safety cabinets** |
| **LAB 15 Disinfectants and disinfection in the clinical laboratory** |
| **LAB 16: Packaging requirements for some diagnostic specimens** |
| **LAB 17 Staff Safety Guidelines** |
| **LAB 18 Staff Safety Guidelines** |
| **LAB 19 Staff safety guidelines** |
| **Handling** |
| **CDAO 1 Controlled drugs accountability officer, an overview.** |
| **SHOCD 1 Safe handling of cytotoxic drugs in the workplace, an overview** |
| **TBA 1 Transporting biological agents, an overview** |
| **Virus**  |
| **Virus 1 Introduction, 10 threats to mankind** |
| **Virus 2 Pandemics, Virus** |
| **Virus 3 Cleanability** |
| **Virus 4: 10 top tips for dealing with a virus.** |
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| **Command and Control, Crisis Control** |
| **Capacity Building** |
| **Capacity Building 1 Why** |
| **Capacity Building 2 Why** |
| **Capacity Building 3 Getting Started** |
| **Capacity Building 4 Setting up** |
| **Capacity Building 5 National examples** |
| **Capacity Building 6 National examples** |
| **Capacity Building 7 Tools** |
| **Capacity Building 8 Special Features and Requirements in a Chemical Incident** |
| **Incident Response and Integrated Command Structure** |
| **Incident Response and Integrated Command Structure 1** |
| **Incident Response and Integrated Command Structure 2** |
| **Incident Response and Integrated Command Structure 3** |
| **Incident Response and Integrated Command Structure 4** |
| **The Command Post (For team leaders, sub-team leaders, watchkeepers, and logistics)** |
| **CAC 1 Overview and Considerations** |
| **CAC 2 Overview and Considerations** |
| **CAC 3 Command post operations/manning** |
| **CAC 4 The NATO Phonetic Alphabet Communications** |
| **CAC 5 How to speak on the radio** |
| **CAC 6 Logistics** |
| **CAC 7 Protection and Site Management** |
| **CAC 8 Your goals** |
| **The Order’s process (For team leaders, sub-team leaders)** |
| **CAC 9 Overview of dos, don’ts, factors, and considerations** |
| **CAC 10 Orders prelims and reconnaissance appreciation** |
| **CAC 11 Orders, the subjects to cover** |
| **CAC 12 Briefing and Debriefing** |
| **CAC 13** |
| **CAC 14** |
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| **Crime** |
| **Crime Scene** |
| **CS 1 Examination of the Crime Scene Checklist** |
| **CS 1 Examination of the Crime Scene Checklist Part 2** |
| **CS 2 Examination of the Crime Scene: The Team** |
| **CS 3 Examination of the Crime Scene Key Roles** |
| **CS 4 Examination of the Crime Scene Key Roles** |
| **CS 5 Examination of the Crime Scene Photography** |
| **CS 6 Examination of the Crime Scene Video and Sketch** |
| **CS 7 Examination of the Crime Scene on the Ground** |
| **CS 8 Examination of the Crime Scene: Death Scene Examination** |
| **CS 9 Examination of the Crime Scene Searching** |
| **CS 10 Searching continued.** |
| **CS 11 Release of the scene.** |
| **CS 12** |
| **CS 13** |
| **CS 14** |
| **CS 15** |
| **Evidence** |
| **Evidence - Area Collection ICTY** |
| **Evidence 1 Types** |
| **Evidence 2: Collection and Preservation of Evidence Part 1** |
| **Evidence 3 The Body** |
| **Evidence 4: Entomological Data** |
| **Evidence 5 Cars** |
| **Evidence 6 Weapons** |
| **Evidence 7 Controlled Substances** |
| **Evidence 8 Fibres and Threads** |
| **Evidence 9: Flammable Liquids** |
| **Evidence 10 Glass** |
| **Evidence 11 Questioned Documents** |
| **Evidence 12 Tools** |
| **Evidence Handling** |
| **Introduction to Evidence Handling Part 1** |
| **Introduction to Evidence Handling Part 2** |
| **Introduction to Evidence Handling Part 3** |
| **Electronic Crime and Money Laundering** |
| **Electronic Crime and Money Laundering 1** |
| **Electronic Crime and Money Laundering 2** |
| **Electronic Crime and Money Laundering 3** |
| **Fraud 1** |
| **Fraud 2** |
| **Fraud 3** |
| **Fraud 4** |
| **Fraud 5** |
| **Fraud 6** |
| **Profiling** |
| **Criminal** |
| **Racial 1, 2 & 3** |
| **Urban Rescue and Disaster Logistics** |
| **Urban Rescue** |
| **UR 1 Overview and the 5 stages of rescue, PPE, Do’s & Don’ts** |
| **UR 2 Electricity, water, gas, telephone lines, doors, closed spaces, ringing beam, debris.** |
| **UR 3 The 5 stages of rescue in-depth, and new technology** |
| **Disaster Logistics** |
| **DL1 Planning** |
| **DL2 Logistics Overview** |
| **DL3 Checklists Air**  |
| **DL4 Checklists continued Ship** |
| **DL5 Road**  |
| **DL6 Rail** |
| **DL7 Warehousing** |
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| **Leadership and teamwork** |
| **The leaders of tomorrow** |
| **TL 1 What kind of leader do we want?** |
| **TL 2 4 rare skills** |
| **Teamwork** |
| **T 1 Teamwork, team development, why teams fail.** |
| **T 2 Tips for effective teamwork and the team leader.** |
| **T 3 Task functions, a scrum team, and some questions.** |
| **22 qualities of great leaders 1 1 -12** |
| **22 qualities of great leaders 2 13 -22** |
| **Confrontation Do’s and Don’ts** |
| **How to manage the boss.** |
| **Increasing Productivity and Motivation 1** |
| **Increasing Productivity and Motivation 2** |
| **Managing a diverse group** |
| **Refining the Art of Delegation** |
| **The Grapevine** |
| **Using Praise to Get Results** |
| **Values and Leadership Principles** |
| **Rank The Military system** |
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| **Health, Safety, and Security** |
| **Health and Safety Plan** |
| **Health and Safety Plan: From start to finish.** |
| **Occupational Health and Safety Training** |
| **Occupational Health and Safety training. How to write your policy, manage risks, training, first aid, and insurance.** |
| **Health and Safety in the field** |
| **Health and Safety in the Field 1 Background, water** |
| **Health and Safety in the Field 2: Accommodation, driving, work, fuel, equipment, people, streetwise.** |
| **Health and Safety in the field 3: Sanitation, hygiene, medical, team** |
| **Health, Safety, and Security** |
| **Health, Safety and Security 1: Responsibility, preparation, communications, and hotel.** |
| **Health, Safety and Security 2 Safety, work, driving, people.** |
| **Health, Safety and Security 3 Medical, eating, alcohol, risk assessment.**  |
| **How to Handle an Emergency** |
| **How to handle an emergency 1** |
| **How to handle an emergency 2** |
| **Fire safety** |
| **FS 1 General fire safety, what must I do, the law, dangerous substances, hazards, points to remember?** |
| **FS 2 Dangerous substances, liquids, dust, gases, solids.** |
| **Industrial Safety** |
| **IS 1 Good housekeeping, slips, trips, and falls, lifting.** |
| **IS 2 Working at heights, ladders** |
| **IS 3 Forklifts** |
| **IS 4 Machinery and Electrical** |
| **IS 5 Gas** |
| **IS 6 Motor vehicle, signs, confined spaces,** |
| **Maintenance** |
| **Maintenance 1** |
| **Maintenance 2** |
| **Accommodation** |
| **Accommodation 1 Considerations** |
| **Accommodation 2 Health and safety** |
| **Facility HSS Overview 1** |
| **Facility HSS Overview 2** |
| **Dangerous Goods** |
| **Dangerous Goods 1** |
| **Food** |
| **Eating in the field**  |
| **Planning your trip** |
| **Travel checklist for planning an aeroplane trip 1**  |
| **Travel checklist for planning an aeroplane trip 2** |
| **Travel Checklist for a plane trip** |
| **Travel Checklist for a plane trip 1** |
| **Travel Checklist for a plane trip 2** |
| **Travel Checklist for a plane trip 3** |
| **Travel Checklist for a plane trip 4** |
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| **Terrorism** |
| **Terrorism 1** |
| **Terrorism 2** |
| **Terrorism 3** |
| **Terrorism 4** |
| **The Palma Attack 1** |
| **The Palma Attack 2** |
| **The Palma Attack 3** |
| **The Palma Attack 4** |
| **The Palma Attack 5** |
| **The Palma Attack 6** |
| **Character Assassination** |
| **Character Assassination 1** |
| **Character Assassination 2** |
| **Character Assassination 3** |
| **Rumours** |
| **Rumours** |
| **Conspiracy**  |
| **Generic Conspiracy Belief Scale** |
| **Conspiracy Design Principles** |
| **Conspiracy Theory Tips**  |
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| **West Africa** |
| **The fishy business of a Chinese factory in The Gambia** |
| **The Gulf of Guinea** |
| **To renew or not to renew** |
| **Regional Study West Africa**  |
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