Scenario: Corporate Training Management System

You are working as a database administrator for a corporation that is implementing a new database management system to manage its corporate training programs. The system will handle employee information, training courses, enrollments, and trainer details. Your task is to design and manage the database, ensuring data integrity through appropriate constraints.

1. Constraints:

- Identify and define the primary key for each table.

- Determine the foreign keys to maintain relationships between tables.

- Specify unique and not-null constraints where applicable.

- Implement any necessary check constraints to enforce business rules.

2. DDL (Data Definition Language):

- Write SQL statements to create the following tables: `Employees`, `Courses`, `Enrollments`, and `Trainers`, including the identified constraints.

- Provide an example of how to alter a table to add a new column or modify an existing one.

3. DML (Data Manipulation Language):

- Insert sample data into the `Employees`, `Courses`, `Enrollments`, and `Trainers` tables.

- Write SQL queries to:

- Update an employee’s email address.

- Delete an enrollment record.

- Retrieve the names of employees enrolled in a specific course.