



## Learning Lunches...

The perfect work/life balance.

90 minute bite-sized sessions to address your training needs in the time it takes to eat a sandwich.

### What are Learning Lunches?

It's a classic response – when times are hard the training budget is one of the first things to feel the squeeze. And when it's all hands to the pump, there's not much time to remove people from the day-to-day operation, even if you've managed to hang onto some of your budget.

Yet all the research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Offering training to your staff underlines how much you value them, as well as developing capabilities and helping to retain your talented individuals.

Learning Lunches are our solution to help you keep vital training on the menu with negligible disruption to the operation and your finances. Our bite-sized training sessions are manageable portions of expertise, designed to fit in a lunch hour, and held at your offices.

### Stress Bust

Stress management is a health and safety issue and every organisation has a duty of care to its staff. We all have an innate response to stress - and, more often than not, there is little we can do to actually change that.

What we can do however is learn how to both accept and manage our responses to reduce stress and get control over our responses.

We will give you a quick reminder of the basics of human physiology and show you how to recognise what's going on and how to deal with it.

We have a host of pragmatic techniques and quick tips that will help you bust your stress wherever you are and keep you thinking clearly and calmly. This will make a huge difference to you and those around you!

Choose from a range of topics and invite as many people as you like for just

**£750 + VAT!**

To find out more call us on 01753 373063 or email [info@ceruleanblu.co.uk](mailto:info@ceruleanblu.co.uk)  
We're happy to discuss the sessions with you and send you further information about our Learning Lunches.