



## 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.

### When the going gets tough

Thomas Edison once said "I haven't failed. I've identified 10,000 ways this doesn't work." Resilience is the ability to recover quickly from setbacks and adversity – a key resource for coping with stressful work situations and tough business/economic circumstances. Research has shown that anyone can improve their resilience through effective training and this Learning Lunch will show you exactly how to do that. A key aspect of resilience is accepting that change can create opportunities as well as scary moments; we will show you how you can modify your approach and attitude to change, how to mend or improve tough work relationships and how assertiveness can be a good thing. We'll also give you some tools that to help with problem solving/creativity, negotiation/persuasion and dealing with pressure.

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.