



BITE-SIZE LEARNING

EMOTIONAL AGILITY

Bite-sized training sessions: manageable portions of expertise, designed to fit in a lunch hour.

We look forward to joining you for this bite-size learning



What is bite-size learning?

If times are hard, the training budget is one of the first things to feel the squeeze. Yet research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Cerulean's bite-size learning sessions are 90-minute workshops that deliver focused, evidence-based training in a compact format.

Designed by Dr Lesley Aitcheson and Cerulean's team of learning & development specialists, our bite-size learning has a proven record with many organisations including top universities, charities, trusts, corporations, and councils.

Emotional Agility: The Key to Resilience in Real Life

We all feel pressure, disappointment, frustration — especially in work settings. The real skill is how we respond. That's where emotional agility comes in: the ability to acknowledge emotions, reflect on them, and choose a response rather than just reacting.

For World Wellbeing Week, many organisations will be offering mindfulness or resilience training. Emotional agility takes this a step further by helping people understand the function of emotions — and how to work with them, not against them.

Our Emotional Agility bite-size session introduces psychological tools to help individuals become more emotionally aware, manage reactions, and communicate with empathy. It's rooted in behavioural science and is especially valuable for leaders, managers, and anyone in high-stakes or client-facing roles.

Emotional agility isn't about being endlessly positive. It's about making space for real emotions and responding in a way that aligns with your values and goals. This session provides a safe, structured way for teams to explore this — without the fluff.

By investing in this kind of emotional intelligence, organisations foster more resilient, thoughtful cultures. It's a quiet skill with powerful effects — and one that's more needed than ever.

As we approach World Wellbeing Week, this is a meaningful way to help your people stay balanced, connected, and intentional in how they work.

To find out more about our other bite-size learning sessions, click [here](#)

We look forward to welcoming you to this bite-size learning session.