



BITE-SIZE LEARNING

JUST A MINUTE!

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

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

**Cerulean**
carefully tailored training

Just A Minute!

We all know that we can manage our time better and you might already have some experience of time management practices. This is different; our take on 'time management' will be exploring why we don't do what we know we should – why do we rarely follow the advice we give ourselves?

Basing our thinking around the HBDI model, we will look at how our brains work and how the four predominant thinking styles affect the way both we and our colleagues manage time. Once we understand this, we can adapt the way we work to get the best out of ourselves and our teams. We will also provide you with a take away of top time management tips to keep you on track.

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. Bite-size learning is a great way to keep on top of training efficiently and cost-effectively.

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