BITE-SIZE LEARNING

BYSTANDER INTERVENTION TRAINING

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***

Cerulean
carefully tailored training

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 & development specialists, our bite-size learning has a proven record with many organisations including top universities, charities, trusts, corporations, and councils.

Bystander Intervention Training:

Combating the Bystander Effect

- The Bystander Effect describes the tendency of people to feel less responsible for taking action or helping when they are part of a group

- There could be several reasons why people don't get involved when they witness a threatening or uncomfortable situation –they don't want to get involved or think others will intervene, fear reprisals or becoming a target

- Failing to address Bystander Effect contributes to a toxic culture and gives tacit permission for bullying and harassment

- Bystander Intervention Training can help to combat the Bystander Effect

- We share 5 ways to take action and protect targets of bullying and harassment

- We help people consider their options when they witness bullying, harassing or abusive behaviour and share tips and techniques for intervening promptly

By the end of the session, you will understand:

- Why people do not always intervene when they witness harassment or inappropriate behaviour

- Options for intervening: the 5 Ds

- How to build your confidence in taking action using realistic case studies created for your workplace

To find out more about our EDI&B bite-size learning sessions, click here.