



BITE-SIZE LEARNING

EMOTIONAL INTELLIGENCE

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. 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.

Emotional Intelligence

There is growing evidence that the range of abilities that constitutes what is now commonly known as emotional intelligence (EQ) plays a key role to determining success in life and in the workplace. EQ refers to the ability to perceive, control and evaluate emotions, and being able to do so improves motivation and performance and lessens conflict in the workplace.

We will show you what emotional intelligence is and how, by understanding ourselves better, we can better understand others and thereby improve relationships and performance at work. This introduction to the basics will kick-start your EQ development and help you understand the business case for emotional intelligence, recognise the core EQ skills in work life and relationships, and focus on specific ways to practice and improve your emotional intelligence.

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