



## BITE-SIZE LEARNING

### EDI&B

**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.

### Equality, Diversity, Inclusion & Belonging

Understanding diversity is no longer a nice-to-do but a must do; treating everyone with dignity and respect and ensuring that everyone is able to contribute and be heard is the right thing to do, both for the individual and the business.

The Equality Act 2010 outlaws discrimination on the ground of religion or belief. Whilst this may sound theoretically straightforward, it can sometimes be more complicated in practice! When it comes to the workplace, there is still some confusion about where we all stand.

This bite-size session revisits the legislation and guidance and provides plenty of time for participants to explore and discuss the issues. We will explore how diverse we all are, and what the benefits are, as well as gaining the skills to help you challenge and deal with discriminatory behaviour.

#### What do we cover?

- The implications of Equality legislation – what does this mean for you and your colleagues?
- Ways to be inclusive in an increasingly diverse workplace
- Knowledge of appropriate language and terminology, and consider how to challenge and deal constructively with inappropriate behaviours in colleagues, managers, customers or service users
- Set personal equality objectives and identify actions to contribute to an inclusive workplace

To find out more about our EDI&B bite-size learning sessions, click [here](#).