



BITE-SIZE LEARNING

LGBTQ+ AWARENESS

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.

LGBTQ+ Awareness

This introductory session has been developed to help you increase your knowledge and awareness about LGBTQ+ people and communities, increase your confidence around the use of inclusive language and help promote an atmosphere of acceptance and respect.

We consider how to combat unhelpful assumptions and stereotypes and explore ways to be an effective ally to LGBTQ+ people.

What do we cover?

- The benefits of diversity and inclusion
- The legal backdrop
- Terminology associated with LGBTQ+ communities
- The workplace challenges faced by LGBTQ+ people
- Using pronouns
- Tips on how you and your organisation could be more LGBTQ+ inclusive
- Sources of support and further learning

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