



BITE-SIZE LEARNING

MOTIVATION

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.

Motivation

What motivates people varies widely from person to person; the key to good teamwork and management is being able to not only recognise exactly what motivates people to do their best, but also how best to harness it.

We will show you tools and models that will help you understand the fundamentals of motivation as well as tips and techniques for motivating yourself and others, enabling you to set achievable goals and reach them.

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