



BITE-SIZE LEARNING

RESILIENCE

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.

Resilience

Thomas Edison once said "I haven't failed. I've identified 10,000 ways this doesn't work."

Resilience is the ability to recover quickly from setbacks and adversity – a key resource for coping with stressful work situations and tough business/economic circumstances.

Research has shown that anyone can improve their resilience through effective training and this bite-size learning will show you exactly how to do that.

A key aspect of resilience is accepting that change can create opportunities as well as scary moments; we will show you how you can modify your approach and attitude to change, how to mend or improve tough work relationships and how assertiveness can be a good thing.

We'll also give you some tools to help with problem solving/creativity, negotiation/persuasion and dealing with pressure.

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