



BITE-SIZE LEARNING

STRESS BUST

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.

Stress Bust

Stress management is a health and safety issue and every organisation has a duty of care to its staff. We all have an innate response to stress - and, more often than not, there is little we can do to actually change that.

What we can do however is learn how to both accept and manage our responses to reduce stress and get control over our responses.

We will give you a quick reminder of the basics of human physiology and show you how to recognise what's going on and how to deal with it.

We have a host of pragmatic techniques and quick tips that will help you bust your stress wherever you are and keep you thinking clearly and calmly. This will make a huge difference to you and those around you!

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