



Learning Lunches...

The perfect work/life balance.

90 minute bite-sized sessions to address your training needs in the time it takes to eat a sandwich.

Communicating with different personality types

This session is designed to teach people how to identify, understand and appreciate different personality types, to help us build better working relationships and communicate more effectively. It also introduces participants to the DISC model, based on the work of American psychologist William Moulton Marston.

This is designed to be a simple session with 4 specific outcomes:

- Understand how people differ
- Understand the DISC behavioural profiling tool
- Learn to identify a person's primary behavioural style
- Learn how to best influence each DISC style

By the end of the session, you will have a simple approach to support you in communicating effectively and making the most of working relationships.

What are Learning Lunches?

Learning Lunches are bite-sized training sessions: manageable portions of expertise, designed to fit in a lunch hour.

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. Learning Lunches are 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 Learning Lunches have a proven record with many organisations including top universities, charities, trusts, corporations and councils.

A range of topics and as many participants as you like for just

£995 + VAT!

To find out more call us on 01753 373063 or email info@ceruleanblu.co.uk