



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.

What are Learning Lunches?

It's a classic response – when times are hard the training budget is one of the first things to feel the squeeze. And when it's all hands to the pump, there's not much time to remove people from the day-to-day operation, even if you've managed to hang onto some of your budget.

Yet all the research shows that those organisations who choose to continue with their learning and development plans out-perform those who do not. Offering training to your staff underlines how much you value them, as well as developing capabilities and helping to retain your talented individuals.

Learning Lunches are our solution to help you keep vital training on the menu with negligible disruption to the operation and your finances. Our bite-sized training sessions are manageable portions of expertise, designed to fit in a lunch hour, and held at your offices.

Confidence at work

Ever found yourself saying yes to unreasonable requests? Struggle to express disagreement or discontent? Do you give in to unreasonable demands, simply to keep the peace? Then this Learning Lunch is for you! If you are assertive, you can express yourself, your views, thoughts and feelings in an open and non-confrontational way. It means saying what's going on for you without taking away the rights or dignity of another person. We will explore what assertiveness looks like, showing how it differs from aggressive and passive behaviour and in particular give you practical pointers on specific verbal and non-verbal assertiveness techniques. We'll build your confidence in dealing with others, especially those whose behaviour you consider to be challenging, overpowering and unhelpful. Using some very simple tools and models, we will show you how to be assertive in the right way, able to say no 'nicely' where necessary and be more in control of your working life.

Choose from a range of topics and invite as many people as you like for just

£995 + VAT!

To find out more call us on 01753 373063 or email info@ceruleanblu.co.uk
We're happy to discuss the sessions with you and send you further information about our Learning Lunches.