



## 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.

### More than IQ

There is growing evidence that the range of abilities that constitutes what is now commonly known as emotional intelligence (EQ) plays a key role to determining success in life and in the workplace. EQ refers to the ability to perceive, control and evaluate emotions and being able to do so improves motivation and performance and lessens conflict in the workplace.

We will show you what emotional intelligence is and how, by understanding ourselves better, we can better understand others and thereby improve relationships and performance at work. This introduction to the basics will kick-start your EQ development and help you understand the business case for emotional intelligence, recognise the core EQ skills in work life and relationships and focus on specific ways to practice and improve your emotional intelligence.

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](mailto:info@ceruleanblu.co.uk)  
We're happy to discuss the sessions with you and send you further information about our Learning Lunches.