



## BITE-SIZE LEARNING

# CONFIDENCE AT WORK

**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. Cerulean's bite-size learning sessions are 90-minute workshops that deliver focused, evidence-based training in a compact format.

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.

## Confidence at Work

Confidence plays a huge role in how people show up at work — yet it's often overlooked in wellbeing and engagement strategies. When confidence dips, it can quietly impact performance, communication, and connection.

Hybrid working, career transitions, or organisational change have left many people questioning their place and value. World Wellbeing Week is the perfect time to reframe confidence — not as loudness or bravado, but as a quiet sense of credibility, contribution, and presence.

### This practical, 90-minute session offers:

- A reflective space to explore where confidence comes from and how to rebuild it
- Tools to manage imposter feelings and self-doubt
- Guidance on communication habits that support authentic presence
- Strategies to shift internal narratives and feel more grounded at work

### This session is particularly valuable for:

- Team members returning after parental leave or illness
- Those stepping into new roles after a promotion or restructure
- Anyone feeling quietly unsure of their value or voice

**Why confidence matters:** Boosting confidence isn't just a nice-to-have — it's essential for inclusion, innovation, and resilience. Confident people are more likely to share ideas, challenge constructively, and engage fully with their work.

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

We look forward to welcoming you to this bite-size learning session.