



BITE-SIZE LEARNING

MAKING TIME FOR WELLBEING

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.

Making Time for Wellbeing (even when you're busy)

In almost every conversation we have with HR and team leaders, we hear the same thing: "We care about wellbeing, but there's just no time". And we get it. The pace of modern work means wellbeing often ends up being a good intention that gets postponed.

That's why our bite-size learning model exists — to bring meaningful, evidence-based wellbeing conversations into even the busiest workplaces. Each session is just 90 minutes, designed to slot into team diaries without overwhelming anyone's calendar.

During World Wellbeing Week, there's a perfect window to say, "Wellbeing doesn't have to wait". Our sessions on Thriving under Pressure, Confidence at Work and Emotional Agility are tailored to the challenges teams are facing now — and they're ready to deliver.

You don't need to launch a big initiative. You don't need a full day out. You just need to give people an hour and a half to pause, reflect, and learn something useful for their work and wellbeing.

Making time for wellbeing shouldn't be an added pressure — it should feel like support. That's what our sessions offer.

If you're ready to take a small but powerful step toward a healthier culture, World Wellbeing Week is the moment. Let us help you make it count.

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.