



## BITE-SIZE LEARNING

### REBUILDING CONNECTION

**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.

#### Rebuilding Connection in Hybrid Teams

A strong sense of connection is one of the biggest predictors of workplace wellbeing — but in today's hybrid world, it's also one of the hardest things to maintain. Without the informal chats, shared spaces and spontaneous support, people can begin to feel isolated, even when they're technically part of a team.

World Wellbeing Week offers a natural opportunity to rebuild connection. Not just through socials or team lunches, but through shared learning experiences that create real conversation.

Our bite-size sessions — like Making Time for Wellbeing, Confidence at Work, and Thriving under Pressure — double as opportunities to reconnect. They bring people together to talk about what really matters, in a structured, psychologically safe space. These 90-minute workshops are accessible, practical and can be delivered online or in person, making them a flexible option for dispersed teams.

Rebuilding connection doesn't always mean deep strategy or complex programmes. Sometimes, it's about taking an hour and a half to say: "We're in this together, and your experience matters".

Increased connection leads to better collaboration, more empathy, and a stronger sense of culture. It helps people feel seen — and people who feel seen are more likely to stay, grow, and thrive.

Let this World Wellbeing Week be a turning point for team connection — we're here to help you make that happen.

**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.