



## BITE-SIZE LEARNING

### THRIVING UNDER PRESSURE

**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.

#### Thriving under Pressure

The reality is people are stretched. Leaders know their teams are tired. And while a full overhaul of workload isn't always possible, creating space to pause, reflect, and reset is powerful. It shows your team you see what they're dealing with, and you're doing something about it.

This interactive, evidence-based session is designed to work in a busy schedule — just 90 minutes that can shift perspectives and habits.

#### In this session, participants will:

- Learn to recognise the early warning signs of burnout – in themselves and others
- Explore everyday strategies for managing stress and protecting energy
- Begin to define and practice healthy personal boundaries

This isn't about 'powering through' — it's about building habits that support long-term wellbeing and performance.

#### 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.