

## ***Want a quick and pragmatic approach to getting some learning and personal development for your staff?***

Peppermint Learning [www.peppermintlearning.co.uk](http://www.peppermintlearning.co.uk) is offering 'lunch 'n' learn' sessions for businesses of all types. Employees are invited to bring along their lunch and partake in some bite-sized chunks of learning which will be immediately applicable in the workplace.

The sessions last for no more than 90 minutes and topics covered are highly relevant to today's working environment. Guaranteed to engage - each session will provide pragmatic solutions to existing issues. **No** PowerPoint slides - just simple, effective learning for all levels.

Although called 'lunch 'n' learn', we can also run the sessions at the beginning of the day from 8 am onwards or at the end of the day from 5 pm onwards - thus minimising time away from the office.

### **Sessions include:**

- "Manage your time so it doesn't manage you" (**aimed at all staff**)
- "Manage stress for the good of your health" (**aimed at all staff**)
- "Communicating with confidence – become more assertive" (**aimed at all staff**)
- "Delegate, delegate and then delegate some more" (**aimed at managers**)
- "Getting staff to 'buy-in' to change" (**aimed at managers**)
- "Setting really SMART targets that get things done" (**aimed at managers**)
- "How Belbin can help the dynamics of your team" (**aimed at managers**)

The cost of the sessions aimed at all staff are **£250** each but you can choose to take two sessions in one day for **£400** or three sessions for **£500**. We can accommodate up to 30 people per session (chairs permitting), making the cost per head less than **£10**.

The cost of the sessions aimed at managers are **£400** each but you can choose to take two sessions in one day for **£600** or three sessions for **£900**. We can accommodate up to 10 managers per session.

All you need to provide is the room, and we will provide the **trainer**, the **handouts** and the **learning** opportunities. Sessions are informal but include at least one practical activity per session so attendees get a chance to practice their learning

To book your session please email us at [info@peppermintlearning.co.uk](mailto:info@peppermintlearning.co.uk)



Deborah Godbold FCIPD  
Director of Peppermint Learning

***“Recent research carried out by the CIPD shows that organisations not investing in their people are twice as likely to fail as those that do. In previous downturns those that did invest in people development showed the most dynamic recovery.”***