



Welcome to the world of Skill Bites!

Skill Bites are a suite of over 50 high impact learning sessions categorized under 8 business themes, allowing organisations or individuals to pick from a menu of topics to meet specific needs.

A Skill Bite session can be broken down into four stages:

1 We excite interest.

2 We teach some content or introduce a model.

3 You experience activities to explore and embed.

4 You commit to action for change.



Coaching



Communication



Diversity & Inclusion



Engagement



Leadership



Personal Effectiveness

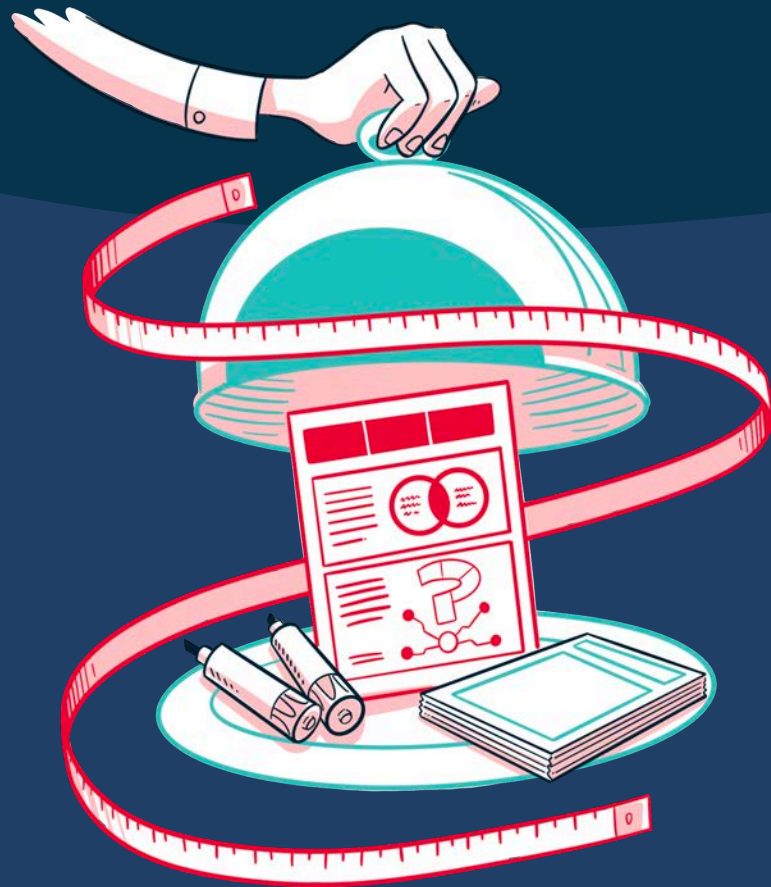


Resilience



Change

Designed to fit into a busy schedule, they are delivered in 90-minute bite sized nuggets of gold, available virtually or face-to-face to groups of 15-20 participants. The experience is participative, fun, focussed and always solution orientated, with an action plan being built during the session.



Skill Bites are also versatile. You can pick straight from the menu or we can build bespoke Skill Bites for your organisation or team; our global network of over 50 facilitators are ready to deliver at scale, speaking 20 languages across 15 countries.



Totally experiential: we get individuals participating and contributing from the off.

A focus on utility: We provide space to link theory back to the real world, solidifying understanding and application.

We inspire and motivate participants to take action within 72 hours and reflect throughout.



15
Countries

20
Languages

8
Business
Themes

90
Minute sessions

55
Facilitators

50
Skill Bites





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#	Name	About								
1	The Magic Triangle The 3 Drivers of Success	Learn the 3 essential factors for measuring and ensuring the success of any work project, meeting or conversation.		●				●	●	
2	Brainstorming Masterclass How to Get Everyone to Agree	Get your people to be creative, generate ideas then narrow down and decide how to move forward.						●	●	
3	Powerful Conversations Coaching Conversations for All	Become the colleague who helps people solve their own challenges.	●		●					
4	Deciding How to Decide Making Decisions that Matter	Understand when it is best to take action and decide when to empower the team.					●	●	●	
5	Running Powerful Meetings	Find out how to prepare for and deliver real meetings that have impact.						●	●	
6	Dare to Believe How to Crush Your Comfort Zone	Recognise your own blocks and barriers to your personal development and take action.		●		●				



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7	Choose Your Attitude Managing Mindset to Create Impact	Your mindset is the key to your effectiveness. Learn to become aware of it and manage it to have impact.		●		●				
8	Difficult Talk Made Easy How to Manage Difficult Conversations	Learn how to say almost anything to anyone with sensitivity and skill.	●	●			●	●		
9	GROWing People The Coach's Toolkit	Great managers are coaching managers; learn the essential skills of good coaching to build your team.			●				●	
10	Real Influence ... Real Impact Being Influential in Meetings	Persuasion and influence are key business skills, learn to do them respectfully and achieve great outcomes.	●	●			●			
11	The Trust Formula	Trust is a commodity which can be earned and lost. Explore and learn the key behaviours which build trust.				●		●	●	●



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12	Who Matters? You and Your Stakeholders	Get to know who is important to your work and your outcomes and how to manage them to get the results you want.		●				●		
13	Don't Bottle It All Up Managing Emotions	This is a key part of self awareness and you will learn to identify and process strong emotions for yourself and others.	●	●		●			●	
14	Feedback's a Gift Demystifying Feedback	Feedback, done in the right way, is transformative. Learn how to do it well and with confidence.		●	●		●	●		
15	Chill Out, Tune Up Slow Down to Speed Up	Mindfulness is a game changer for relationships, productivity and self awareness.		●					●	



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16	Climbing the Ladder Your Career and You	When you realise you are the one in control of your next steps you can step up and get the opportunities you want.	●	●		●				
17	I'm Not Crazy, I'm Just Not You Working with Your Unconscious Bias	Recognising and valuing difference will make you, your relationships and the business stronger.		●					●	●
18	Take a Look in the Mirror Neurons Using Your Emotional Intelligence	Emotional Intelligence is thought to be more important than intellectual intelligence in some situations. Learn to harness the power of your emotions.		●			●		●	
19	Talk Like TED Speak for Success	You too can learn to enjoy and excel at public speaking and presenting.	●					●		



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22	Choose Your Position Today 4 Positions of Brilliant Communication	In any meeting or conversation there are 4 typical roles; learn them and use them to create the outcomes you want.	●				●	●		
23	Impactful Virtual Meetings Setting up and running impactful virtual meetings online	Learn the principles of great meetings and the essential skills for doing this online.		●			●	●	●	
24	Catching the Wave Managing Change	Change is inevitable so learning how to manage yourself and the people around you is an essential skill for business.	●							
25	Own It Making Responsibility Count	Only you can say how you are going to show up so it is time to take responsibility for your actions and decide what matters.				●		●	●	



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27	Bouncing Back Personal Resilience	You don't need to tough it out but learn to roll with what happens. Learn how with these key factors.		●		●			●	
28	I Hear You Listening Brilliantly	Real listening builds rapport, connection and trust. Learn how to be fully present and really hear beneath the words.					●	●	●	
29	Meet Mr Cialdini The Art of Personal Persuasion	Develop the subtle art of persuasion with Cialdini's universal principles.		●			●			
31	The Pazazz of Visuals Visual Thinking for Business	Visual thinking is creative, productive and fun. Build the confidence and skills to do it in your work.		●			●	●		
32	It's All In The Mind Agile Mindset	Develop the agile mindset to support your agile tools for a new way of working for the future.		●		●			●	



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33	DOH! Why Don't I Ever Learn? Immunity to Change	Change is inevitable and yet sometimes we resist. Explore why we do this and how to make the changes you always wanted to make.	●		●			●		
34	Connecting the Dots Lessons Learned	Experience the value of a growth mindset for teams and projects to flourish.						●	●	
35	Coping in the Chaos Making remote and blended teams work for you	Make remote and blended teams work for you with simple boundaries, tools and techniques.		●		●				
36	Reverse Mentoring Unlocking potential by mentoring upwards	Mentoring upwards unlocks a huge resource of experience and knowledge. Learn how to mentor your seniors.			●					



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37	I've Got Your Back Psychological Safety	People want to feel able to express themselves, make mistakes and grow. Create a place for this to happen.	●		●			●		
38	Zoom In ... Zoom Out Finding balance between strategy and tactics	To manage complexity you must think ahead and act now. Balance your focus on long term and short term views.	●			●		●		
40	Prioritization & Complexity Tackling the complex and prioritizing the important	Tackling the complex and prioritizing the important		●		●		●		
41	Designing with People in Mind A human-centred mindset for creative problem solving.	A philosophy and a set of tools to help you solve problems creatively through the lens of a HUMAN CENTRED approach	●	●			●			



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42	Creating Reflective Spaces Creating a safe space for people to talk, learn and grow	Giving managers the experience of sharing their response to crisis and the tools to create a safe space to replicate the experience for their teams.				●		●	●	
43	Rising Above the line What it means to be accountable	Getting results through individual and organisational accountability.	●	●		●				
44	Principles of Story Telling Shape culture, set direction and build connection	Understand the principles of great business story telling.						●	●	
45	Make Learning Stick Embed learning to boost the skills of your team	Learn a session flow and top tips to help you to embed learning and rapidly boost the skills of your team.					●	●	●	



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46	Calm Under Pressure Challenge handling skills for powerful presentation	Speakers, presenters and leaders who handle pressure and challenge well and who stay calm, are remembered and have impact.		●		●		●		
47	How to say NO! Setting and maintaining boundaries	'How can I exert a little more control in situations that are important to me?'		●	●	●				
48	The art of remote leadership Leading disparate teams in a hybrid world	Learn the 3 essential areas of focus all leaders need to know.	●					●	●	
49	Answer 1st The Minto Pyramid made simple	Explore the art of communicating your ideas, getting across large amounts of information articulately and concisely.					●	●	●	



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50	Connect to Your Purpose Tap into why you do what you do as a source of motivation and purpose	Understanding your purpose at work creates emotional connections to it, it motivates you, unites your teams and helps you deal with daily challenges.		●		●			●	
51	Navigating the Matrix Functioning and leading more effectively in today's complex and chaotic organisations	Helping people function and lead more effectively in complex organisations with overlapping accountabilities and unclear chains of command.		●			●	●		

Can't find what you need? let's chat.