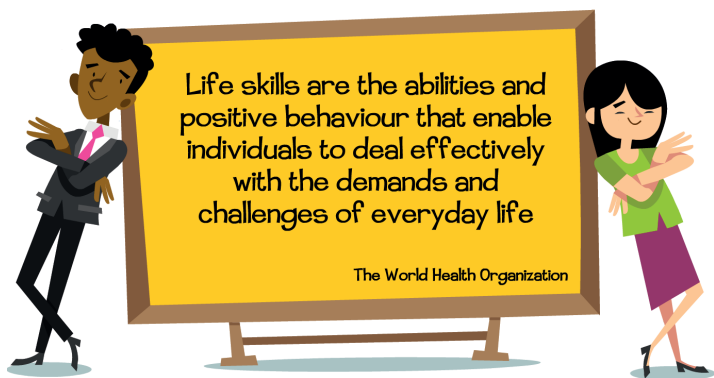


The Webinar Collection

Supporting people through bitesize learning



www.thelearningarchitect.com



This portfolio of bite-sized life skills webinars has been produced for The Learning Architect by Liggy Webb (www.liggywebb.com) and they are based on her popular bite-sized book series.

The content has been designed to be uplifting and informative with an emphasis on practical and easy-to-apply actions. You can create your own unique programme by selecting the topics that fit your organisational requirements.

- There are 25 bite-sized life skills webinars in the portfolio
- Each interactive webinar is 60 minutes
- The webinars can be delivered on any platform
- Presentation and Q&A for up to 100 people
- Interactive group sessions for up to 15 people
- Timings can be reduced if you require shorter presentations
- Access to additional post-support tools is available



Please email info@thelearningarchitect.com for more information or call +44 (0) 7825 758742

The webinars are crammed full of tips and ideas that provide plenty of light-bulb moments. They're achievable, practical and I believe everyone will find something that resonates personally.

Eleanor Lloyd Jones
Regional Network and Community Executive
CIPD

Thank you for this helpful and uplifting webinar on good mood, a colourful, thoughtful, useful and insightful reminder of what we can do during difficult times.

Ros Jiggins
Bristol City Council

The webinars are engaging, informative and easy to digest. Very valuable in the current climate and a real boost to our teams.

Elizabeth Fairchild
People & Performance Director
Hallmark Care Homes



The mood-booster webinar brightened your mood instantly. We were taken on a journey which enabled us to take a step back to reflect on the simple yet impactful actions we can make towards our own wellbeing.

Ridhima Boojihawon
Brach Officer
CIPD

The webinar delivery of complex subjects is done with such expertise and humility, perfectly pitched to engage our employees at all levels.

Ulrica Hartogh
Phaidon International
Global HR Director



BiteSized Book Collection

1. Behavioural Agility
2. Burnout
3. Collaboration
4. Conversations
5. Creativity
6. Critical Thinking
7. Curiosity
8. Decision Making
9. Emotions
10. Healthy Eating
11. Kindness
12. Menopause
13. Mindfit
14. Mental Health
15. Mood Boosters
16. Positive Mindset
17. Relationship Building
18. Relaxation
19. Resilience
20. Sleep Well
21. Time Management
22. Trust
23. Uncertainty
24. Wellbeing
25. Winter Wellbeing

Behavioural agility

How to adapt well to change

This webinar has been designed to give you a useful overview of how to be agile and will help you to achieve the following:

- Respond and adapt better and quicker to change
- Be more self-aware, confident and authentic
- Innovate through curiosity and collaboration
- Let go of things that hinder your progress
- Build personal resilience through balance and pace

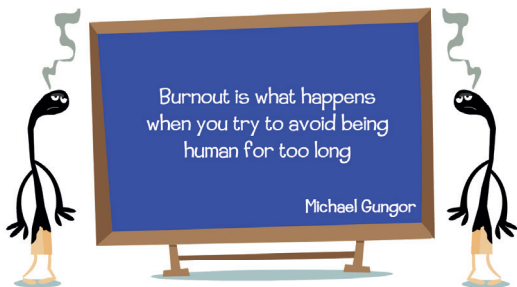


Burnout

How to manage stress and avoid burnout

This webinar has been designed to give you a useful overview of stress and avoiding burnout and will help you to achieve the following:

- Raise awareness of stress triggers and responses
- Understand stress and the effect it can have
- Commit to self-care and good habits
- Sustain a healthy and balanced lifestyle
- Replenish every day to maintain energy levels



Collaboration

How to connect well with others

This webinar has been designed to give you a useful overview of how to collaborate well with others and will help you to achieve the following:

- Understand the importance of collaboration
- Achieve more by coordinating well with others
- Be a great team member and make a positive contribution
- Solve problems quicker by working together
- Embrace diversity and inclusivity in the workplace



Conversations

How to communicate well with others

This webinar has been designed to give you a useful overview of how to have great conversations and will help you to achieve the following:

- Prepare well for conversations
- Enhance your interpersonal skills
- Deal with conflict situations more positively
- Provide constructive feedback
- Confidently manage important conversations

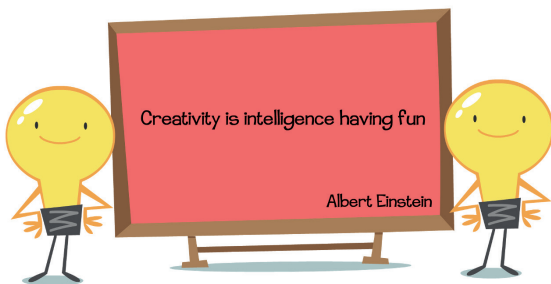


Creativity

How to be creative and innovate

This webinar has been designed to give you a useful overview of creativity and will help you to achieve the following:

- Define what it means to be creative
- Understand the benefits of creativity
- Develop the confidence to generate new ideas
- Use creativity to solve problems
- Apply fresh thinking to successfully innovate

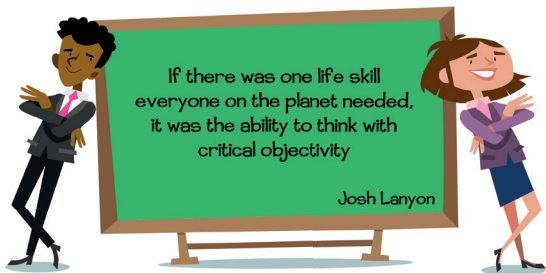


Critical thinking

How to apply critical-thinking skills

This webinar has been designed to give you a useful overview of critical thinking and will help you to achieve the following:

- Understand the importance of critical thinking
- Be more considered and well-structured in your responses
- Take an analytical and objective approach
- Distil complexity and be a better problem-solver
- Save time through smarter thinking

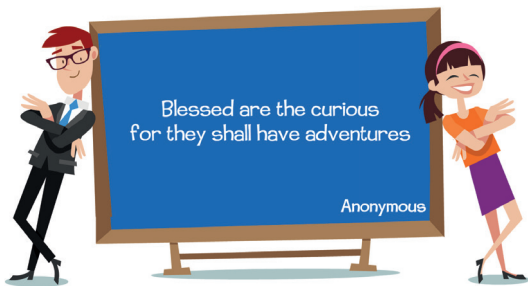


Curiosity

How to adopt a growth mindset

This webinar has been designed to give you a useful overview of curiosity and will help you to achieve the following:

- Understand the multiple benefits of curiosity
- Open your mind to new experiences and possibilities
- Develop a growth mindset
- Promote better mental health and well-being
- Live a more interesting and stimulating life



Decision making

How to confidently make decisions

This webinar has been designed to give you a useful overview of decision making and will help you to achieve the following:

- Understand your default bias and manage emotional decisions
- Create perspective and weigh up your options
- Substantiate your decision with relevant information
- Be confident about taking risks
- Adopt a growth mindset and learn from experience

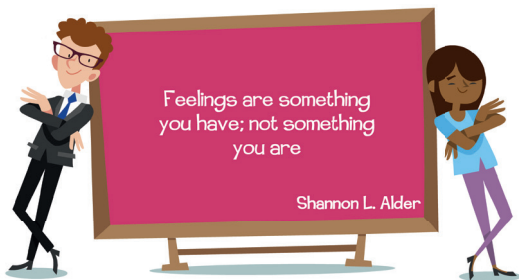


Emotions

How to manage your mood

This webinar has been designed to give you a useful overview of how to manage emotions and will help you to achieve the following:

- Understand how emotions can drive your behaviours
- Develop your emotional intelligence
- Learn more about yourself and your emotional responses
- Manage your emotions so that they don't manage you
- Cope better when dealing with challenging situations

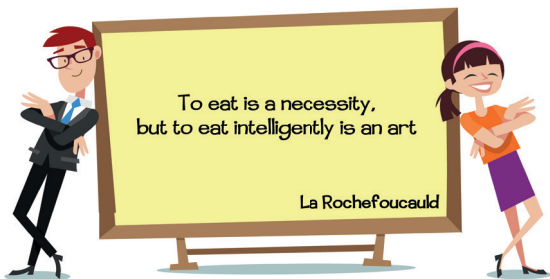


Healthy eating

How to eat a healthy diet

This webinar has been designed to offer a useful overview about healthy eating and help achieve the following:

- Understand the benefits of healthy eating
- Establish ways to maintain a balanced diet
- Raise awareness of each of the food groups
- Energise yourself through what you consume
- Fuel your immune system for well-being



Kindness

How to be kind and compassionate

This webinar has been designed to give you a useful overview of kindness and will help you to achieve the following:

- Understand the importance of kindness
- Identify the benefits of kindness
- Explore ways to be kind to others
- Recognise the value of self-kindness
- Make a positive difference

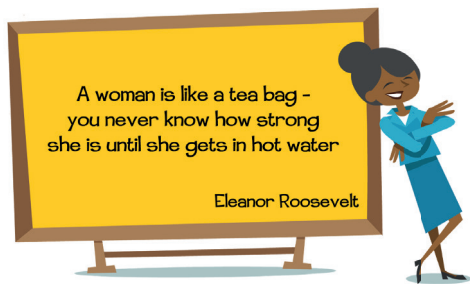


Menopause

How to understand the menopause

This webinar has been designed to offer a useful overview about the menopause and help achieve the following:

- Raise awareness about the menopause and why it happens
- Understand the impact that it has on mental health
- Appreciate the benefits of the menopause
- Identify the symptoms and how to manage them
- Explore the options for managing the menopause

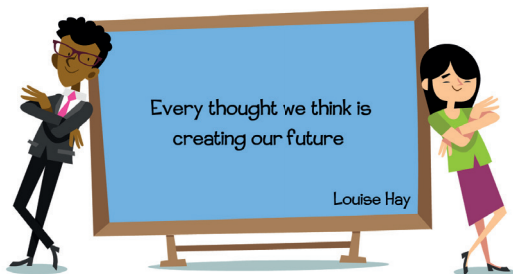


Mindfit

How to be ready for anything

This webinar has been designed to give you a useful overview of how to get your mind fit for the future and will help you to:

- Recover well from setbacks by building and sustaining resilience
- Cultivate a growth mindset through curiosity and continuous learning
- Adapt well to rapid change by being flexible and resourceful
- Unleash fresh thinking and use creativity to solve problems
- Practise kindness and seek out ways to make a positive difference
- Be fit for the future and ready for anything

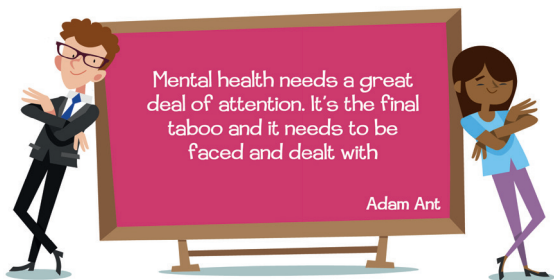


Mental health

How to look after your emotional wellbeing

This webinar has been designed to give you a useful overview of mental health and will help you to achieve the following:

- Raise awareness of your mental health
- Recognise the importance of getting support if needed
- Be proactive about looking after yourself
- Take on board healthy coping mechanisms
- Support others who may need your help

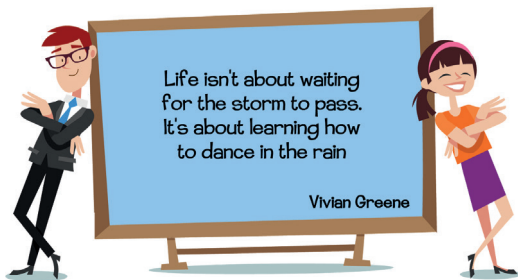


Mood boosters

How to feel better through stormy times

This webinar has been designed to offer some useful tips to help boost your mood. It will help you to achieve the following:

- Build a toolkit of easy-to-apply mood boosters
- Support your mental health in challenging times
- Choose and embrace healthy coping mechanisms
- Manage stress levels and feel more energised
- Look on the brighter side of life and feel better

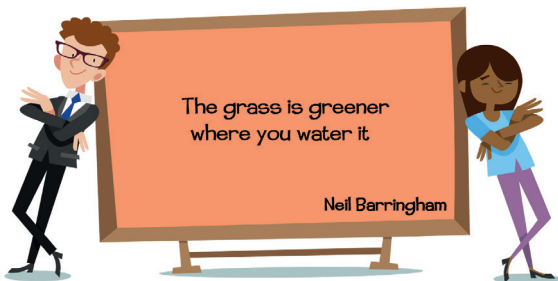


Positive mindset

How to think more positively

This webinar has been designed to give you a useful overview of how to think positively and will help you to achieve the following:

- Think positively and be optimistic
- Manage negative mind chatter
- Understand how your mindset influences your life
- Cultivate a growth mindset
- Look after your mental health

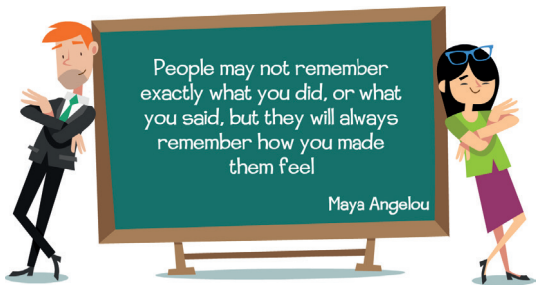


Relationship building

How to build great relationships

This webinar has been designed to give you a useful overview of building relationships and will help you to achieve the following:

- Accept and celebrate people's differences
- Listen and be present when you are with someone
- Develop positive communication skills
- Build trust and respect for others
- Recognise the importance of empathy and kindness

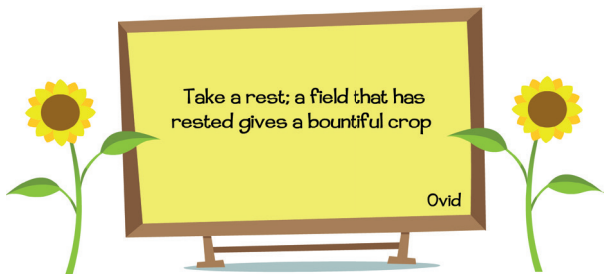


Relaxation

How to relax and keep calm

This webinar has been designed to give you a useful overview of relaxation and help you to achieve the following:

- Understand the value of building time into your day for relaxation
- Learn about the benefits of taking time to relax
- Discover ways to recharge and boost your energy
- Find ways to switch off and calm your mind chatter
- Manage stress and avoid burnout

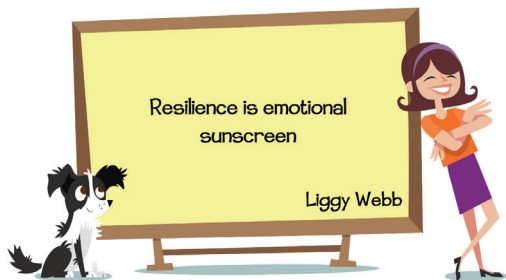


Resilience

How to build inner strength

This webinar has been designed to give you a useful overview of personal resilience and help you to achieve the following:

- Be more resilient, agile and confident
- Cope better with challenges and change
- Think more positively and optimistically
- Cultivate a healthy work-home balance
- Take personal responsibility and action



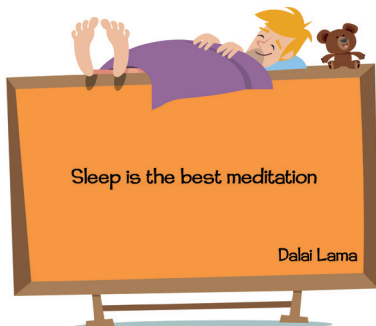
Sleep well

How to get the best rest

This webinar has been designed to give you a simplified and useful overview of sleep and how you can get the best rest.

It will help you to:

- Understand sleep and how it works
- Learn about the benefits of quality sleep
- Improve your overall well-being through sleep
- Manage your stress levels more effectively
- Feel refreshed and energised



Time management

How to make time work well for you

This webinar has been designed to give you a useful overview of ways to manage your time and to help you achieve the following:

- Learn how to use your time effectively so you can be more productive
- Identify time wasters and explore ways to reduce them
- Recognise the reasons why you may procrastinate
- Clarify and prioritise your objectives and goals
- Be more assertive and better at establishing boundaries
- Know how to work smarter rather than harder



Trust

How to build trust in relationships

This webinar has been designed to give you a useful overview of how to build trust and will help you to achieve the following:

- Understand why trust in relationships is so important
- Explore ways of building and maintaining trust
- Be aware of the pitfalls of losing trust
- Cultivate strong and reliable relationships
- Develop an inclusive and collaborative network

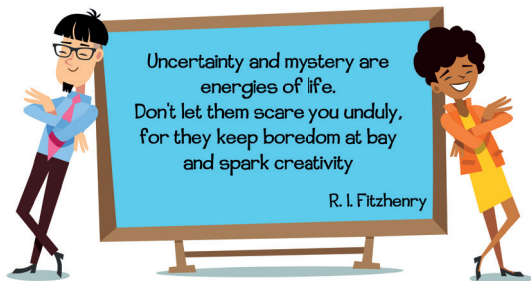


Uncertainty

How to deal well in uncertain times

This webinar has been designed to give you a useful overview of how to deal with uncertainty and achieve the following:

- Seek out the potential in each situation
- Avoid getting dragged down by negativity and gossip
- Manage anxiety and stress levels
- Maintain an optimistic outlook
- Focus on the present and be productive



Wellbeing

How to look after your health

This webinar has been designed to give you a useful overview of how to look after your well-being and help you to achieve the following:

- Understand the importance of self-care
- Prioritise yourself and your overall well-being
- Safeguard your mental health
- Discover ways to switch off and relax
- Boost your energy levels and feel alert
- Manage stress and avoid burnout

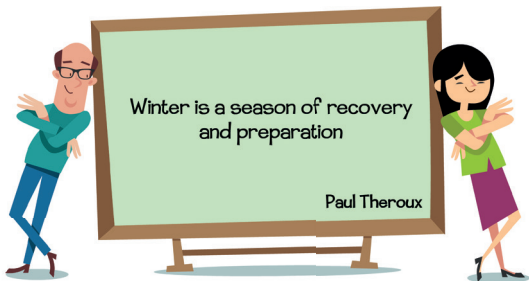


Winter wellbeing

How to beat the bugs and blues

This webinar has been designed to give you a useful overview of winter well-being and to help you achieve the following:

- Take personal responsibility for your well-being
- Keep active and embrace the change in season
- Sustain a balanced and healthy lifestyle
- Look after your mental health and feel happier
- Be kind and care for other people





You're on mute

For more information about these webinars
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The bitesize webinars manage to take complex and challenging subjects and share practical support, tips and practices. This has proved to be very valuable in the current climate and a real boost to our teams.

Elizabeth Fairchild

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