



Are your employees too busy to grow?

# Lunch and Learn

(Mini Interactive Sessions)



Mila offers a blend of information, interest, skills and excitement in a one hour lunch session. Mila will guide you in designing **regular, short interactive sessions** to inform or inspire employees, cover issues or initiatives, fulfill requirements, or create a workplace of learning, communication and collaboration.

## Why Lunch and Learn?

- ✓ Improve skills
- ✓ Reinforce the company culture
- ✓ Introduce new initiatives
- ✓ Compliment training programs
- ✓ Create the learning organization
- ✓ Create awareness of critical issues
- ✓ Raise employee moral
- ✓ Improve communication
- ✓ Build team spirit

Out to  
LUNCH!

## Tasty Topics

- Communication
- Decision Making
- Problem Solving
- Emotional Intelligence
- Conflict Management
- Team Effectiveness
- Time Management
- Delegation
- Feedback



**People who eat and learn together, work better together!**

**How does it work?** Contact Carey-Lyn Kurten to find out how to make this happen.

Research reveals that bite sized learning (short, focused, interactive sessions) will give your staff time to digest and apply the skills to develop new habits.

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## Bite-sized Learning

