



# A snapshot of our Micro Learning

Give your employees unlimited year-round access to live,  
regular Micro Learning Webinars

These sessions are shorter, quicker, and impactful and ideal for busy employees who want to take away some top tips, techniques or refresh their skills when they don't have time to spend a full hour on one of our webinars. All these modules are free to attend with any other toolkit and blend together perfectly with our full curriculum.

## What is a Micro Learning?

Our micro learning modules are highly focused bite sized learning nuggets.

Course

### **MICRO LEARNING**

*17 Modules*

- **Presentation Skills Hints & Tips**
- **Virtual Leadership Hints & Tips**
  - **What is the GROW Model?**
- **Why is Selling, Not Really Selling?**
  - **Confidence for Leaders**
- **Emotional Intelligence & Self-Awareness**
- **Habits of Highly Effective People in a Remote World**
- **Managing Time within your day to be Effective & Efficient**
  - **Six Hat Thinking**
  - **Stress Management**
- **Effective Questioning Techniques**
  - **Objection Handling**
- **Guided Relaxation - A Tool for Stress Management**
  - **Guided Relaxation - Sleep**
  - **Guided Relaxation - Stress Reduction**
  - **Guided Relaxation - Enhanced Creativity**
  - **Guided Relaxation - Self Esteem**



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