

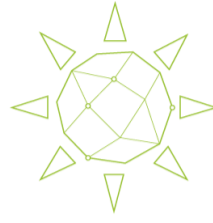
# SEEDL Celebrates Learning at Work Week 2024!

## Short on Time, Big on Learning

Discover the power of microlearning and  
revolutionise the way you learn!

This week long event is dedicated to fostering professional development, skill enhancement and knowledge sharing among employees within your organisation.

Learning at  
Work Week  
2024



Learning  
Power

## Monday 13th May - Friday 19th May 2024

Monday 13th May

**Meet the Team**

8am (BST)

Monday 13th May

**Hints and Tips Pt 5**

9:30am - 10:30am (BST)

Monday 13th May

**Hints and Tips Pt 3**

11am - 12 noon (BST)

Monday 13th May

**Podcast with Laura on Knowledge is Power**

1pm - 2pm (BST)

Monday 13th May

**Effective Customer Service Meetings**

3:30pm - 4:30pm (BST)

Tuesday 14th May

**Bridging The Generational Gap with Jo**

9:30am - 10:30am (BST)

Tuesday 14th May

**Visualising Data**

2pm - 3pm (BST)

Tuesday 14th May

**Charts - Part 1**

3:30pm - 4:30pm (BST)

Wednesday 15th May

**Train the Trainer**

9:30am - 10:30am (BST)

Wednesday 15th May

**Mental Health First Aid**

11am - 12 noon (BST)

Wednesday 15th May

**Coaching Your People**

12:30pm - 1:30pm (BST)

Wednesday 15th May

**Gift of Receiving Feedback**

2pm - 3pm (BST)

Wednesday 15th May

**SEEDL Sound bath Weather Mindset Reset**

3:30pm - 3:50pm (BST)

Wednesday 16th May

**Unravelling Crooked Thinking**

4pm - 4:20pm (BST)

Thursday 16th May

**Mentoring**

11am - 12 noon (BST)

Thursday 16th May

**Managing Upwards**

12:30pm - 1:30pm (BST)

Thursday 16th May

**Balance**

2pm - 2:20pm (BST)

Thursday 16th May

**Guided Meditation**

2:30pm - 2:50pm (BST)

Friday 17th May

**Balance**

9:30am - 9:50am (BST)

Friday 17th May

**Standing Office Yoga**

10am - 10:20am (BST)

Friday 17th May

**Fat Burn**

11am - 11:20am (BST)

Friday 17th May

**Unravelling Crooked Thinking**

11:30am - 11:50am (BST)

Friday 17th May

**GDPR**

2pm - 3pm (BST)

Friday 17th May

**Seated Office Yoga**

3:30pm - 3:50pm (BST)

Friday 17th May

**Excel Micro Learning Session 2**

4pm - 4:20pm (BST)