

# Bite-size sessions

50-minute modules covering a variety of topics – see our most popular options below.

## General topics

1. Managing stress
2. Supportive conversations with colleagues
3. An introduction to resilience skills

### “Why 50 minutes?”

Research by Microsoft Human Factors Lab (2021) highlighted the importance of allowing people breaks between virtual meetings.

They found three key takeaways:

- Breaks between meetings allow the brain to “reset,” reducing a cumulative build-up of stress across meetings.
- Back-to-back meetings can decrease your ability to focus and engage.
- Transitioning between meetings can be a source of stress.

## Specific topics

1. Leading the way to a mentally healthy workplace – for senior leaders
2. Your wellbeing as a key or frontline worker
3. Supportive conversations with your customers
4. Your wellbeing when transitioning to new ways of working