

'LUNCH & LEARN' SESSIONS AT YOUR WORKPLACE



The Lunch and Learn session, also known as the Brown Bag session, is an informal learning event usually held during lunch time break (or for some at other timings) at which people bring and have their own meals, and learn from the speakers.

It provides an opportunity for staff and employees to enhance their skills and knowledge on suitable topics that can contribute to their overall professional growth, without disrupting their normal work schedule. Combining a meal with learning creates a more relaxed setting at the workplace, while fostering team spirit and camaraderie. By doing so, it also promotes staff well-being.

Why you should attend this programme?: Selected Topics:

- Bite-sized learning at your workplace/ in the office
- Content can be easily digested and understood
- Maximise your break time to learn something new
- Engage in topics of personal interest or curiosity outside of your usual job responsibilities.
- Networking opportunities to interact with colleagues from different departments or teams.
- How to be Creative & Innovative at Work
- How to Lead Creatively at Work
- How to Improve Your Listening Skills
- How to Network Effectively
- How to Facilitate Productive Meetings
- How to Give Feedback Effectively
- How to Make a Compelling Presentation
- How to Communicate Better

Who should attend?

Suitable for any level of staff



Meet your Speaker: Hazriq Idrus

Hazriq Idrus is a stage actor turned professional speaker who is passionate on the topics of Creativity, Communication & Leadership, and how these three synergise. He is the author of 'The Stage Fright Antidote!', and 'Creative Leadership'; and has co-authored 10 other books. Hazriq is on the mission to uplift the spirit of corporate learning & human development.

Speak with us to customise a topic or organise a package for your office.