

edit.

espresso sessions



# Lead. Belong. Coach. Change. Manage. Grow.

**Short and high impact, our espresso sessions are the perfect way to come together as a group in an interactive environment that allows delegates to learn while connecting with colleagues.**

Our espresso sessions are **30, 60 or 90** minute live learning experiences, led by an experienced EDIT Facilitator. They can be used ready-to-go or can be tailored to your branding and to suit your audience. They can be in person or virtual.

Espresso sessions are ideal for quickly responding to employee engagement results, workforce learning needs, feedback from clients or a change in strategic focus. Clients tell us they are great for signalling the importance of a topic, starting a conversation, or signposting an important change in direction.



# espresso**topics**



Our learning experiences are designed to encourage active participation, whether virtual or in person. With over 100 topics available, you can select a single session or combine several into a customised series.

**Choose your espresso sessions from the following topic areas:**

## 01. **Lead.**

Exploring the essentials of modern leadership including accelerating trust, psychological safety, and critical thinking.

## 02. **Manage.**

Essential insights for managers on feedback, high performance teams, hybrid workflows, and handling challenging discussions.

## 03. **Coach.**

Practical guidance for everyday coaching to elevate team performance and build capability.

## 04. **Grow.**

Supporting individuals' growth and wellbeing and providing best practice on career acceleration.

## 05. **Belong.**

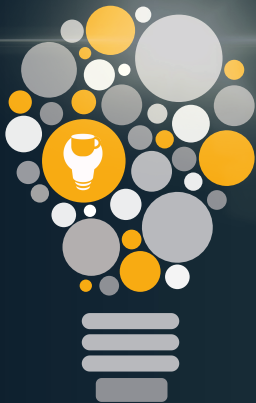
Fostering inclusion with sessions on allyship, cultural competence, conscious inclusion, and leveraging the complexities of a diverse team.

## 06. **Change.**

Embracing the future with sessions on growth mindset, managing complexity, future of work and leading in your market.

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Lead.

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# Lead.

**Being an effective leader can be challenging.** The skills and capabilities required of those in leadership positions are increasingly complex. Our leadership espresso sessions help your leaders stay relevant while being mindful of the demands on their time.

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# Topics Lead.

We keep up-to-date with latest thinking and share trends in global leadership.

## Popular topics:

### Inclusive Leadership.

Learn to leverage diversity of thought to create an inclusive environment that boosts performance and engagement.

### Critical Thinking.

Develop critical thinking capabilities, by using modelling to build strategic insight and thoughtful narrative to engage others.

### Crisis Leadership.

Equip yourself with the skills and tools necessary to effectively manage crises and lead confidently in complex times.

### Authentic Leadership.

Explore how authenticity enhances workplace dynamics, examining the effects of your leadership style and aligning intention with impact.

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## For inspiration, see our Topic list:

- Agile Leadership.
- Authentic Leadership.
- Being a Mentor.
- Being a Trusted Advisor.
- Building a culture of Psychological Safety.
- Company Culture & Purpose.
- Competitive Collaboration.
- Crisis Leadership.
- Critical Thinking.
- Developing a Culture of Compassion and Empathy.
- Developing Empathy.
- Disruptive Leadership.
- Effectively Managing Change & Uncertainty.
- Ethical Leadership.
- Growth Mindset.
- Inclusive Leadership.
- Making Better Decisions.
- Market Adaptability.
- Risk Management.
- Servant Leadership.
- Setting Team Goals & Priorities..
- Sponsorship & Allyship.
- Strategic Thinking.
- Taking the Step From Manager to Leader.

02.

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manage.

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# Manage.

**Equipping managers with the right tools and insights is essential for fostering a motivated and productive team. Our Managing People espresso sessions are designed for new or aspiring line managers, as well as experienced managers seeking to refine their skills.**

Our espresso sessions are **30, 60 or 90** minute live learning experiences, led by an experienced EDIT Facilitator. They can be used ready-to-go or can be tailored to your branding and to suit your audience. They can be in person or virtual.



# Topics Manage.

**We develop the skills of managers to support and grow their teams.**

## Popular topics:

### **Team**Performance.

This session considers the benefits of setting team goals and priorities, and how to do this more effectively for your team as you move forward.

### **Feedback**Skills.

This session looks at what effective feedback is and explores best practice for providing and receiving feedback.

### **Building**Trust.

This session explores the impact trust has, how to build trustworthiness and how to create an environment that will improve innovation, productivity and collaboration.

### **Managing**Conflict.

This session provides a deeper understanding of why conflict arises and explores pragmatic tools for handling challenging conversations, with radical candour.

## For inspiration, see our Topic list:

- Being a Mentor.
- Building Confidence in Others.
- Building Trust.
- Competitive Collaboration.
- Developing Empathy.
- Exploring your Leadership Style.
- Feedback Skills.
- Hire Inclusively.
- Hybrid Working for Managers.
- Managing Conflict.
- Managing Virtual teams.
- Managing your Career.
- Motivating Others.
- Performance Appraisals & Managing Performance.
- Psychological Safety.
- Setting Team Goals & Priorities.
- Team Dynamics.
- Team Performance.
- Transition into a New Manager.

03.

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# Coach.

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# Coach.

**Coaching capability should be developed at all levels of an organisation.**

Our coaching espresso sessions help Foster a coaching culture through established practical Frameworks, and modern workplace insights.

Our espresso sessions are **30**, **60** or **90** minute live learning experiences, led by an experienced EDIT Facilitator. They can be used ready-to-go or can be tailored to your branding and to suit your audience. They can be in person or virtual.

# Topics Coach.

**We help people to understand the benefits of coaching and develop their coaching capability.**

## Popular topics:

### Active Listening.

This session considers the importance and difficulty of active listening and provides colleagues at all levels with tools to increase their levels of listening when engaging with stakeholders.

### Coaching Skills.

This session covers advanced coaching techniques, focusing on questioning, listening, and practising empathy to maximise individual team members' potential.

### Team Coaching.

This session aims to maximise your team's talent by examining values and their impact on beliefs, attitudes, and behaviours. You will explore coaching tools and techniques to accelerate cohesion and enhance shared performance.

## For inspiration, see our Topic list:

- Active Listening.
- Asking Great Questions.
- Career Conversations.
- Coaching For Confidence.
- Coaching Skills for Managers.
- Just in Time coaching.
- Speed Coaching for Managers.
- Values Based Team Coaching.

04.

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# Belong.

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# Belong.

**Diverse teams** bring a wide range of perspectives and experiences, fostering creativity and innovation by tackling challenges and tasks in different ways.

Our Belong espresso sessions cover Diversity, Inclusion and Belonging, with popular sessions focused on creating a positive culture where everyone can thrive.

Our espresso sessions are **30, 60 or 90** minute live sessions are 30, 60 or 90 minute live learning experiences, led by an experienced EDIT Facilitator. They can be used ready-to-go or can be tailored to your branding and to suit your audience. They can be in person or virtual.

**espresso**sessions



# Topics Belong.

**We support our clients to create a culture where everyone belongs.**

## Popular topics:

### **Conscious**Inclusion.

Unconscious bias can be challenging to address, but we can take action to become more consciously inclusive. This session, tailored for colleagues, managers, and leaders, will help you explore ways to achieve this.

### **Allyship.**

This session explores what we mean by advocacy, the role and remit of an ally, and best practices for amplifying the voices of others.

### **Cultural**Awareness.

This session is designed to enhance your cultural awareness and understanding when working with international clients, colleagues, and partners.

## For inspiration, see our Topic list:

- An Agenda For Anti Racism.
- Being an Ally.
- Being Enough.
- Building Diverse Talent Pipelines.
- Conscious Inclusion.
- Cultural Awareness.
- End the Awkward.
- Engaging Men as Agents of Change.
- Fostering Mutual Understanding.
- Hire Inclusively.
- Inclusive Leadership.
- LGBTQ+ Awareness.
- Meet Inclusively.
- Men's Wellbeing.
- Microbehaviours.
- Social Mobility.
- Think Inclusively.
- Understanding the Global Gender Challenge.
- Veteran Support.
- Working with Neurodiversity.

05.

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Grow.

espresso sessions



# Grow.

**Enabling colleagues to thrive is fundamental to the success of an organisation.** That's why we have developed an extensive range of espresso sessions on **Personal Growth, Wellbeing, and Career Planning.**

These topics will support colleagues at every level within an organisation to show up at their best.

Our espresso sessions are **30, 60 or 90** minute live learning experiences, led by an experienced EDIT Facilitator. They can be used ready-to-go or can be tailored to your branding and to suit your audience. They can be in person or virtual.

# Topics Grow.

**We support individual growth and wellbeing,  
and share best practice on career acceleration.**

## Popular topics:

### InnerConfidence.

Understand what influences your self-belief and self-confidence, learning practical ways to stay focused on your value and worth.

### LastingImpressions.

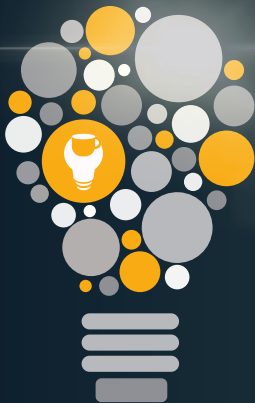
Consider how others perceive you, understand your intention versus your impact and develop strategies to maximise your success.

## For inspiration, see our Topic list:

- Adopting a Winning Mindset.
- Being Enough.
- Build Confidence in Others
- Build Sponsorship.
- Building Resilience.
- Coaching for Confidence.
- Communicating with Impact.
- Connecting with Others.
- CV Preparation.
- Digitising your Brand.
- Effective Time Management.
- Energise Me.
- Finding Balance.
- From 'Purpose' to 'Pay it Forward'.
- Gaining Commitment through Influencing.
- Handling Difficult Conversations.
- Handling Emotion.
- Inner Confidence.
- Leveraging your Strengths.
- Maintaining your Virtual Network.
- Making lasting Impressions.
- Managing your Career.Managing your Network.
- Maximising your Potential.
- Mindfulness.
- Organisational Politics.
- Passion, Drive and Excellence.
- Personal Impact.
- Personal Purpose.
- Personal Wellbeing.
- Powerful Storytelling.
- Preparing for Interviews.
- Preparing for Promotion.
- Sharing your Truth.
- Speed Negotiations.
- The 100 year Life.
- The Value of Reflection.
- Wellbeing.
- Winning Presentations.
- Working Remotely.

06.

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# Change.

espresso sessions

# Change.

**Adaptability is essential for success in a rapidly changing world. This range of espresso sessions offers best practice on managing complexity and future proofing your organisation.**

These sessions will provide space and challenge to work through the complex demands faced by current and future leaders.

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# Topics Change.

We help teams stay relevant and make sense of our ever changing environment.

## Popular topics:

### GrowthMindset.

This session explores experiential learning and the importance of a growth mindset to help you, your team, and your organisation navigate challenges and achieve success.

### 100-yearLife.

This session will explore the changing demographics within the modern workplace and their implications. It looks at how to plan and thrive in an extended working life.

### DesignThinking101.

This session introduces the principles and benefits of design thinking, exploring cognitive, strategic, and practical methods that can be applied to everyday projects and problems.

## For inspiration, see our Topic list:

- Adopting New Systems and Technology.
- Building an AI Mindset.
- Creativity and Innovation.
- Dealing with Complexity.
- Design Thinking 101.
- Developing Curiosity.
- Effectively Managing Change and Uncertainty.
- ESG Awareness.
- Ethics and Social Responsibility - Being a Global Citizen.
- Growth Mindset.
- Looking Back and to the Future.
- Managing your Personal Impact on the Environment.
- Mental Agility.
- Overcoming Challenges and Resistance.
- The 100-year Life.
- Unlearning and Relearning: Breaking Old Habits.

# espresso sessions Glossary.

For inspiration, see our Full Topic list:

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- Agile Leadership.
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- Taking the Step From Manager to Leader.

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- Building Confidence in Others.
- Building Trust.
- Competitive Collaboration.
- Developing Empathy.
- Exploring your Leadership Style.
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- Hire Inclusively.
- Hybrid Working for Managers.
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If you'd like to learn more about our range of espresso sessions, please get in touch with us at **[info@editdevelopment.com](mailto:info@editdevelopment.com)**





“

*Always my go-to business when organising any people development focused activity ...EDIT has the creativity and intuitive thinking to provide an appropriate solution.*

**GKN**

Global Head of Learning and  
Development

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