



To Pair or Not to Pair: what wine pairings can teach us about forming high quality connections in our social and professional lives

About the session

A good pairing of wine and food is likely to result in a more enjoyable experience and whilst it is down to the choice of each individual, there are some fundamental principles that can be used to ensure that the food and wine pair well. Likewise, there are some fundamental principles that can be applied to our relationships that will enable us to form connections and networks that align with our values and so make us, and those around us, happier and more successful. Through tasting 5 different wines from Spain and Portugal, we will link the fundamental principles of wine and food pairing to the fundamental principles of forming high quality connections in our social and professional lives.

Learning outcomes

By the end of the session, participants will be able to:

- identify the key cognitive functions that lead to stronger connections.
- recognise the way in which we can harness emotional and cognitive functions for stronger connections.
- implement a strategy to form high quality connections in our personal and professional lives.

Length of session & participant numbers

2 hours of tasting and learning.

Due to the nature of the event, number of participants is limited to 30.

About the trainer

Jeff Heasman is a well-known and highly experienced international trainer who specialises in law, cognitive skills and communication within the insurance and financial services industry. In addition, Jeff has a passion for Spanish wines and through his businesses based in Spain and Portugal he offers cultural and wine tasting events and vineyard tours, with a particular focus on the culture, food and wines of Galicia and Vinho Verde. Jeff has a bachelors and masters degree in law, he holds a postgraduate English language teaching qualification and has obtained a certificate in wines from the prestigious Wine & Spirit Education Trust (WSET). He is a member of the Society of Wine Educators. Jeff's knowledge of the insurance and financial services industry combined with a passion for both effective communication, strong cognitive skills and wine, makes this a fun and entertaining CPD event with a difference.