

Lean Foundations 1 day

Start improving today with a practical, people-focused introduction to Lean.

Lean provides a logical, practical and human approach to improving everyday work. This one-day programme offers an engaging introduction to Lean, focused on practical application and showing how small, well-chosen improvements deliver real results. You will leave energised, able to spot waste, tackle everyday process challenges and apply what you've learned straight away.

Our Lean Foundations programme provides an accessible introduction to Lean thinking, practices and tools, designed for anyone new to process improvement. It is ideal for process managers, process owners and team members who want to play an active role in improving how work gets done, often alongside Lean Practitioners or Green Belts.

The course works equally well in both transactional and manufacturing environments, requires no prior knowledge, and provides a shared language for improvement. Through practical exercises and real-world examples, delegates gain the confidence and capability to start making a difference immediately.

What You'll Learn

By the end of this programme, you will be able to:

- Explain what Lean is and how it can be applied in their own environment
- Recognise that improvement can start small and start straight away
- Apply simple Lean approaches to achieve early success and build momentum
- Select, scope and define a suitable problem to solve
- Spot waste and understand value from the customer's perspective

Delivery Format

- Offered as in-company training (on-site or virtual), tailored to your needs
- Flexible delivery options: consecutive days or two half-day sessions

Accreditation

- Enables application for LCS Level 1A certification
- Worth 8 CPD points

Who Should Attend?

- Team members at any level who want to play a more active role in improving how work gets done, and who are ready to contribute to a culture of Continuous Improvement
- Those who are new to process improvement and want an accessible, jargon-free introduction that they can apply immediately. No prior knowledge or experience is required
- The curious and open-minded who have heard about Lean but want to understand what it really means in practice, and whether it's relevant to their role and environment

- Anyone working alongside Lean Practitioners, Yellow Belts or Green Belts who wants to develop a shared language for improvement and contribute more confidently to improvement projects
 - Those working in transactional or office-based environments who want to discover how Lean applies just as powerfully outside of manufacturing in finance, HR, customer service, and beyond
- Professionals looking to begin a Lean learning journey, with a clear progression route towards LCS Level 1A certification, Lean Practitioner, Yellow Belt, Green Belt or Change Management qualifications
- Managers and team leaders who want to equip themselves with simple, practical tools to tackle everyday process challenges and deliver early, visible results that build momentum

Course Content

The one-day Lean Foundations programme sets the scene by establishing the core principles, concepts and benefits, alongside the critical role people play in successful improvement. From the outset, the focus is on practical application.

- The origins of Lean: where it came from and why it still matters today
- People and change: why successful improvement depends as much on people buying in as it does on the quality of the solution
- Finding the right problems to fix: how to spot, prioritise and clearly define improvement opportunities so effort goes where it counts
- The five principles of Lean: universal and timeless, built around defining value, streamlining flow, and pursuing perfection
- A hands-on toolkit: including how to identify waste with TIM WOODS, map a process, create a SIPOC, and uncover root causes with tools like Fishbone diagrams

Why Choose Catalyst?

Catalyst delivers results, not just services. We blend consulting, coaching, training, and AI-powered tools into a seamless support system that meets teams where they are, developing capability at every level.

Thousands trust us to support their learning and Continuous Improvement journeys - we've specialised in Lean Six Sigma Training and Consultancy for over 30 years. We're known for sharing our knowledge in an accessible and interactive way. Look no further for relevant, relatable content, built by experts and accredited by the British Quality Foundation and the Lean Competency System (LCS). We are the BQF's primary Lean Six Sigma partner and recommended by the Chartered Quality Institute.