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Developing a new skill isn't as easy as flipping a switch. It takes awareness, understanding, practice, and a clear path for change. Since 1996, we've integrated these elements into our practical, skills-based emotional intelligence training programs. This article was last reviewed on 17th July 2017 by nutritional therapist Kerry Torrens. A registered Nutritional Therapist, Kerry Torrens is a contributing author to a number of nutritional and cookery publications including BBC Good Food magazine. Lean is an often-used adjective in business these days, but there's some confusion over its exact definition. In essence, the goal of Lean is to maximize value while minimizing waste. Latest environmental news, features and updates. Pictures, video and more.