LifeLabs Learning

Learner Toolkit

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Upcoming Training Instructions

Virtual Workshop Setup:

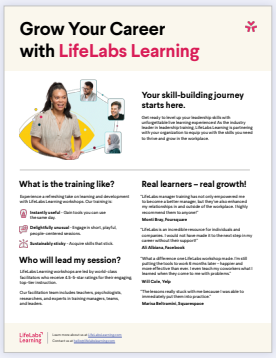
To make sure the session runs smoothly, please do the following:

- Watch this 2-minute video to learn how to log in to your account and join your workshop: https://www.youtube.com/watch?v=sBPFT2ojArk
- Download and test Zoom at least one day before the workshop (it takes 2 minutes): https://zoom.us/download#client_4meeting
- Visit your dashboard (https://lifelabsworksheets.com/dashboard) and click on the event to learn how to prepare.
- 30 minutes before the session, you'll get an email reminding you to join. When it's time to join, just click "Join Event" in your email. This will bring you to the event page in the platform where you'll click "Join Now" to join the workshop.
- Set up your own laptop, headphones, and camera, to dial-in individually. Why? This is an interactive session. As we practice the exercises, you will be put into digital breakout rooms.
- Find a quiet place to dial in from. Since this is an interactive session, please find a spot with minimal audio/visual distractions. If this isn't available while working from home - we welcome the chaos! Kids, pets, and other cohabitors in the background are welcome.
- Bring a pen, paper, and worksheet attached in your calendar invite

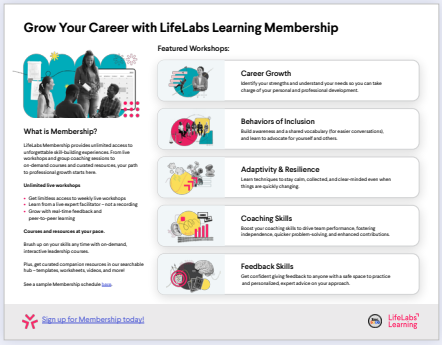
Learner One Pagers

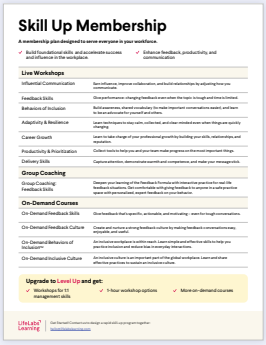
Team Training One Pager

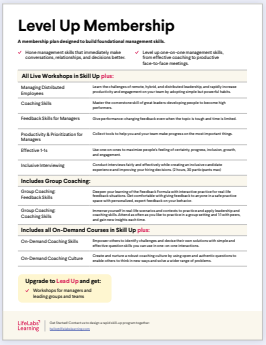
Learn more about LifeLabs Learning with this one-page document.

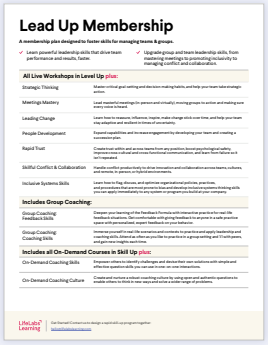


Membership One Pagers









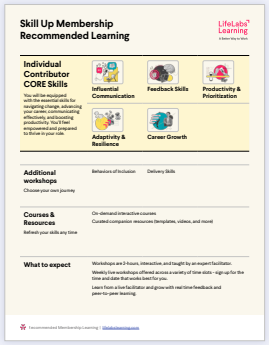
Learn more about Membership with this document.

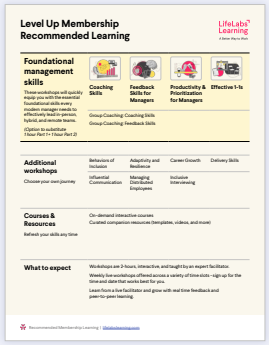
Skill Up One Pager

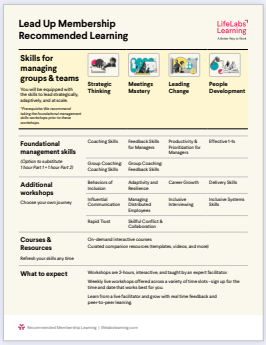
Level Up One Pager

Lead Up One Pager

Membership Workshop Recommendations







Skill Up Recommendations

Level Up Recommendations

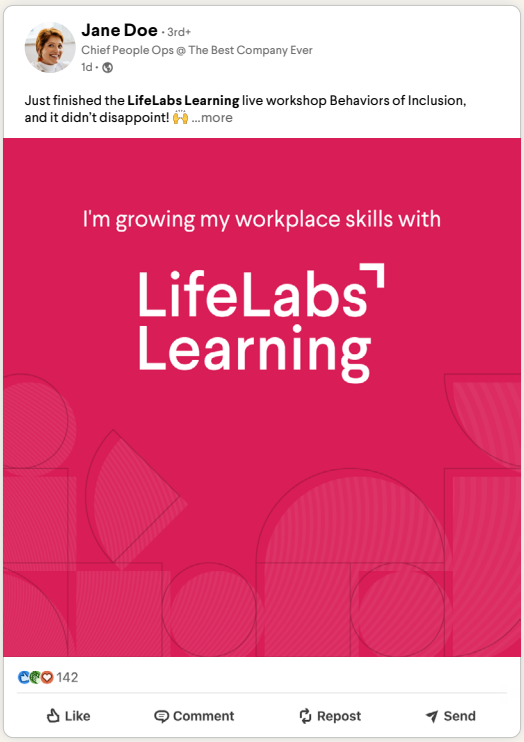
Lead Up Recommendations

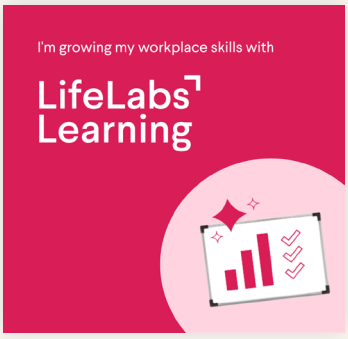
Learner Social Posts Templates

The following pages have some example text and graphics for posts that you can use to share your experience with LifeLabs Learning.

How to use the templates:

1. Copy and paste into a new LinkedIn post.
2. Make sure **@LifeLabs Learning** is tagged.
3. Optional: Upload an eye-catching graphic! [Click here to download pre-made graphics](#).





Team Training Posts

General Post

Just finished the **@LifeLabs Learning** live workshop **[WORKSHOP TITLE]**, and it didn't disappoint! 🙌

I walked away with **[SPECIFIC SKILL OR INSIGHT, e.g., "how to give clearer feedback" or "ways to prioritize more effectively"]**, and I can't wait to put it to use with my team. The interactive format and real-time feedback made everything feel so practical!

👏Huge thanks to **[COMPANY NAME]** for the opportunity to grow my skills and lead more effectively. Feeling lucky to learn alongside such an amazing team!

Manager Core 1 Post

I'm excited to share that I completed the Manager CORE 1 training with **@LifeLabs Learning**. 🏆This program gave me practical skills I've already started using, like coaching, feedback, and prioritization.

One tool I learned—the "SOON Funnel"—helps break down coaching into questions around Success, Obstacles, Options, and Next Steps. It's super simple and already making a difference in my work. 🙏

If you've taken a LifeLabs Learning workshop, I'd love to hear what tool or takeaway has stuck with you!

Manager Core 2 Post

I'm proud to share that I completed the Manager CORE 2 training with **@LifeLabs Learning**! 🎉This program pushed me to grow my leadership skills, especially around strategic thinking, leading change, and developing my team.

One of my biggest takeaways was the "CAMPS" framework—a memorable way to measure engagement through Certainty, Autonomy, Meaning, Progress, and Social inclusion. I know this will be my go-to tool for keeping teams engaged, especially during times of change. 🛠️

If you've attended a LifeLabs Learning workshop, what insight or tool has made a difference for you?

Individual Contributor Core Post

I'm thrilled to share that I completed the Individual Contributor CORE training with **@LifeLabs Learning**! 💪This program gave me practical tools to boost my career, collaborate more effectively, and be more productive.

A top insight I'm already using is identifying my personal "SEO"—Strengths, Energizers, and Opportunities for growth. It's such a great way to align my strengths and interests with my development goals. 💡

Have you gone through a LifeLabs Learning program? What's been your biggest takeaway?

Membership Posts

Post #1: Top Session

[COMPANY NAME] is providing employees a **@LifeLabs Learning Membership** to help us level up as managers and teammates! 🙏

I've started exploring the workshops and resource library, and I'm already bookmarking useful content. One of the top sessions on my list is Group Coaching, where you get real-time feedback!

Have you used LifeLabs Learning? What's been your favorite thing about it? Let me know—I'd love to make the most of it.

Post #2: Workshop/New Skills

Just signed up for my first workshop through our new **@LifeLabs Learning Membership** at **[COMPANY NAME]**! 😃 I'm excited to learn practical skills I can apply right away for **[WORKSHOP TOPIC]**. I hope it will help me **[SKILL, e.g., lead/communicate/prioritize/etc.]** better at work.

If you've taken LifeLabs Learning workshops, which have you found most helpful? Please share your recommendations!

Post #3: General

Just finished the **@LifeLabs Learning** live workshop **[WORKSHOP TITLE]**, and it didn't disappoint! 🙌

I learned **[SPECIFIC SKILL OR INSIGHT, e.g., "how to give clearer feedback" or "ways to prioritize more effectively"]**, and I'm already thinking about how to put it into practice with my team. The interactive format and real-time feedback made it so engaging and relevant!

👏 Shout out to **[COMPANY NAME]** for providing me with a LifeLabs Learning Membership!

If you've attended a LifeLabs Learning workshop, what skill or takeaway stuck with you?

Learner Support

Need a hand? We're here to help!

Questions about this training

support@lifelabslearning.com

Technical issues

support@lifelabslearning.com

Articles & documentation

Help Center

Have remaining questions or ideas? Contact your LifeLabs Learning Consultant or email support@lifelabslearning.com for support.

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