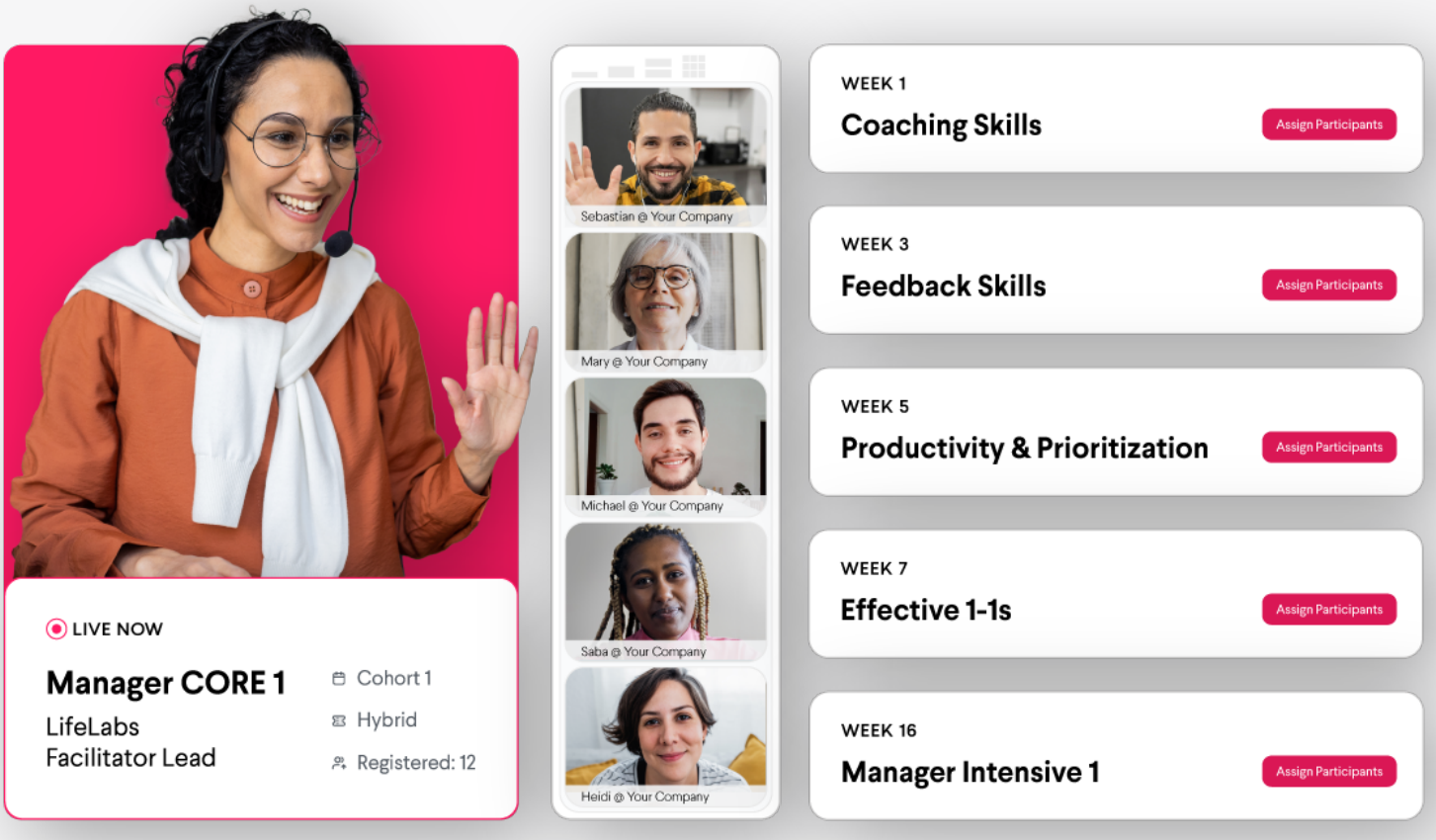

Private Training Program Menu

Make real impact. Really fast.

LifeLabs Learning

Make real impact. Really fast.

LifeLabs Learning

LifeLabs Learning trains managers, execs, and teams at 2,600+ amazing companies, in-person and virtually.

Our programs are:

Refreshing: Workshops are short (1-2 hours), fun, and tailored to your culture

Taught live: Virtual for real-time feedback and peer-to-peer learning

Science-backed: Packed with practice and science that appeals to data-driven minds

Simple & sticky: Giving employees tools they can put to use the very same day

Focused on tipping point skills: The smallest changes that make the biggest impact

Our clients are saying:

"Our employees continually rave about the workshops and facilitators!"
Jenny Weston, Lyft

"Pretty much the most useful workshops I've ever gone to."
Matthew Hamilton, Venmo

"The lessons really stuck with me because I was able to immediately put them into practice."
Marisa Beltramini, Squarespace

"LifeLabs Learning sessions are helpful for first-time managers and technical folks to scale as leaders in the company by giving them a simple yet powerful framework."
Bala Subramaniam, Instacart

Program Menu

LifeLabs Learning

Not all skills are created equal. We do research to identify the **Tipping Point Skills**—the smallest changes that make the biggest impact in the shortest time.

We focus on the essential skills of modern managers, execs, and teams—equipping employees with the tools and confidence to lead, work, and succeed in times of rapid change.

Each program in this menu includes short, refreshing, interactive, and science-backed training that transforms critical skills into lasting habits.

All programs can be delivered virtually or in-person.

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Launch your program today! Visit LifeLabsLearning.com or contact your LifeLabs Learning Program Consultant via email: hello@lifelabslearning.com

Program Results

LifeLabs Learning

Our workshop feedback scores are consistent across all of our programs. If any workshop scores less than 90%, we cut it from our menu. Why? When your employees love the development opportunities your company provides, they are more likely to apply new tools, feel valued, and pass on what they've learned to others.

Workshops employees love

**survey of 24,160 participants*

95%
Said the workshop they took was useful

98.%
Said their facilitator was knowledgeable

95.1%
Said the workshop was engaging

Learning that sticks

**case study of 100+ managers:*

3 months after training,
100%
of participants said they were using new skills they had learned.

6 months after training,
93.6%
said the training was still having a positive impact on their performance.

6 months after training,
100%
of the participants' managers said they were still seeing a positive impact

Company-wide impact

Our programs play a major role in organizational change. Following training, our clients have seen a **5% - 42%** increase in the following survey items:

- I would recommend my manager to others
- My manager cares about my development
- My manager gives me useful feedback
- We have honest two-way communication
- My company invests in my development
- There are growth opportunities at my company

LifeLabs Learning

Manager CORE Part 1

Rapidly develop your company's people leaders in what research shows to be the CORE skills of great managers. We call this our CORE Program (each workshop is 2 hours).

The essential building blocks of the world-class modern manager, leading co-located and/or remote employees.

Workshops	
Coaching Skills	Master the cornerstone skill of great leaders: developing people to become high performers.
Feedback Skills	Give performance-changing feedback even when the topic is tough and time is limited.
Productivity & Prioritization	Collect tools to help you and your team make progress on the most important things.
Effective 1-1s	Use one-on-ones to maximize people's feeling of certainty, progress, inclusion, growth, and engagement.
	Program administrators can assign supplemental resources to participants' learning dashboards to reinforce workshop learning. Additionally, participants can browse complementary resources on demand.
3 Months Later	
Manager Intensive 1	At the critical point in the learning cycle when new skills start to fade, assess your CORE Part 1 skills and take them to the next level by applying them to challenging scenarios.

Manager CORE Add-Ons	
Managing Distributed Employees	Learn the challenges of remote, hybrid, and distributed leadership, and rapidly increase productivity and engagement on your team by adopting simple but powerful habits.
Skillful Conflict & Collaboration	Handle conflict productively to drive innovation and collaboration across teams, cultures, and remote, in-person, or hybrid environments
Behaviors of Inclusion	Build awareness, shared vocabulary (to make scary conversations easier), and learn to be an advocate for yourself and others.
Rapid Trust	Create trust within and across teams from any position, boost psychological safety, improve cross-cultural and cross-functional communication, and learn from failure so it isn't repeated.

LifeLabs Learning

Manager CORE Part 2

Once managers complete CORE Part 1, they learn to approach their work strategically in areas that most impact the business, especially in times of change and uncertainty.

Workshops	
Strategic Thinking	Master critical goal-setting and decision-making habits, and help your team take strategic action.
Meetings Mastery	Lead masterful meetings (in-person and virtually), moving groups to action and making sure every voice is heard.
Leading Change	Learn how to reassure, influence, inspire, make change stick over time, and help your team stay adaptive and resilient in times of uncertainty.
People Development	Expand capabilities and increase engagement by developing your team and creating a succession plan.
	Program administrators can assign supplemental resources to participants' learning dashboards to reinforce workshop learning. Additionally, participants can browse complementary resources on demand.
3 Months Later	
Manager Intensive 2	Assess your CORE Part 2 skills and take part in a series of tough practice drills and case studies to refresh and deepen your leadership capabilities

Manager CORE Add-Ons	
Managing Distributed Employees	Learn the challenges of remote, hybrid, and distributed leadership, and rapidly increase productivity and engagement on your team by adopting simple but powerful habits.
Skillful Conflict & Collaboration	Handle conflict productively to drive innovation and collaboration across teams, cultures, and remote, in-person, or hybrid environments
Behaviors of Inclusion	Build awareness, shared vocabulary (to make scary conversations easier), and learn to be an advocate for yourself and others
Rapid Trust	Create trust within and across teams from any position, boost psychological safety, improve cross-cultural and cross-functional communication, and learn from failure so it isn't repeated.

EXECUTIVE DEVELOPMENT

LifeLabs Learning

Senior Leader CORE Part 1 & Part 2

Want company-wide impact? Invite your C-suite and senior leaders to take part in the Senior Leader CORE Program. These workshops match the Manager CORE but are **taught through the lens of modeling and reinforcing critical management skills (to build a strong leadership culture).**

Even if you already have the CORE skills, a shared vocabulary, and a common set of tools across the company, accelerate the ROI of training company- wide and support execs in holding managers accountable for the skills they learned in CORE.

Senior Leader CORE Part 1	Senior Leader CORE Part 2
Coaching Skills	**Strategic Thinking**
Feedback Skills	**Meetings Mastery**
Productivity & Prioritization	**Leading Change**
Effective 1-1s	**People Development**
3 Months Later	**3 Months Later**
Manager Intensive 1	**Manager Intensive 1**

Senior Leader CORE Add-Ons	
Managing Distributed Employees	Learn the challenges of remote, hybrid, and distributed leadership, and rapidly increase productivity and engagement on your team by adopting simple but powerful habits.
Skillful Conflict & Collaboration	Handle conflict productively to drive innovation and collaboration across teams, cultures, and remote, in-person, or hybrid environments
Behaviors of Inclusion	Build awareness, shared vocabulary (to make scary conversations easier), and learn to be an advocate for yourself and others
Rapid Trust	Create trust within and across teams from any position, boost psychological safety, improve cross-cultural and cross-functional communication, and learn from failure so it isn't repeated.

LifeLabs Learning

Individual Contributor CORE

Accelerate employee development in the most critical drivers of performance. All skills complement our leadership programs, resulting in company-wide impact (each workshop is 2 hours).

Workshops	
Influential Communciation	Earn influence, improve collaboration, and build relationships by adjusting how you communicate.
Feedback Skills	Improve communication and productivity by giving and receiving feedback well—even in tough situations.
Productivity & Prioritization	This session bundles the most successful hacks for working smarter, faster, and better.
Adaptivity & Resilience	Learn techniques to stay calm, collected, and clear-minded even when things are quickly changing.
	Program administrators can assign supplemental resources to participants' learning dashboards to reinforce workshop learning. Additionally, participants can browse complementary resources on demand.
3 Months Later	
Career Growth	Assess your CORE strengths and gaps, then focus on the next phase of your development. Learn to take charge of your professional growth by building your skills, relationships, and reputation.

Individual Contributor CORE Add-Ons	
Delivery Skills	Capture attention, demonstrate warmth and competence, and make your message stick.
Skillful Conflict & Collaboration	Handle conflict productively to drive innovation and collaboration across teams, cultures, and remote, in-person, or hybrid environments
Behaviors of Inclusion	Build awareness, shared vocabulary (to make scary conversations easier), and learn to be an advocate for yourself and others

LifeLabs Learning

Company-Wide Initiatives

Looking to make a sweeping change across your company? We support the initiatives below through a combination of training, resources (like templates and checklists), and consulting.

Build an Inclusive Culture

Driving Diversity, Equity & Inclusion (DEI) initiatives can be overwhelming. We help companies create a simple plan of action, including training and small changes to organizational systems that have wide-spread impact.

Behaviors of Inclusion	Build awareness, shared vocabulary (to make scary conversations easier), and learn to be an advocate for yourself and others. (2 hours, 30 participants max).
Inclusive Interviewing	Conduct interviews fairly and effectively while creating an inclusive candidate experience and improving your company's hiring decisions. (2 hours, 30 participants max).
Inclusive Systems Skills	Learn how to flag, discuss, and optimize organizational systems for maximum equity and inclusion and avoid common bias hotspots. (2 hours, 30 participants max, for your internal DEI leaders such as execs and People Ops)
	To deepen your company's inclusion skills and conversational capacity, you can also include CORE workshops.

Create A Feedback Culture

Feedback Skills: Workshops for execs, managers, and individual contributors	Help employees at all levels develop feedback skills, confidence, shared norms, and vocabulary to take the fear out of tough conversations. (2 hours, 10 participants for execs and managers; 30 for ICs)

All-Staff Enrichment Program

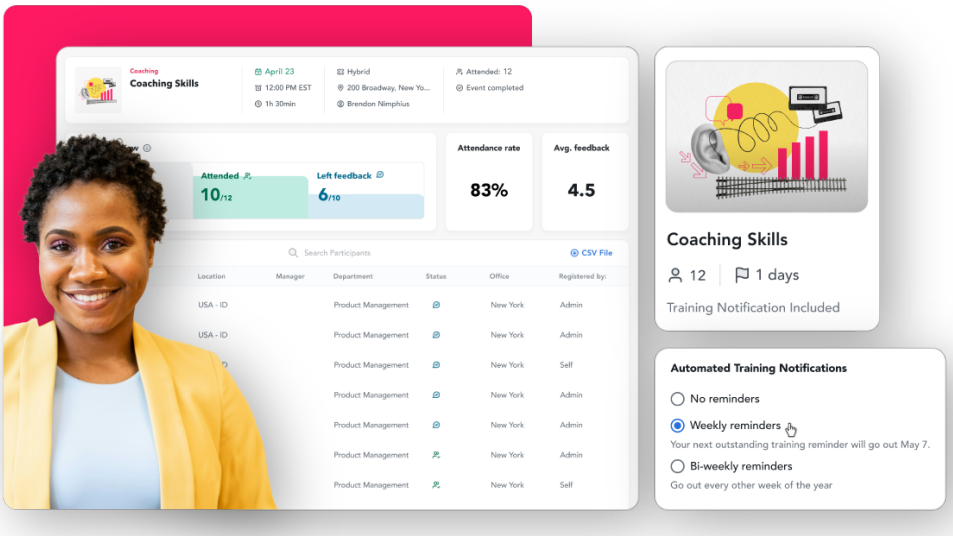
Show your employees—at all levels—that you're investing in their development.

Mix and match workshops to meet your organizational needs.

Program administrators can assign supplemental resources to participants' learning dashboards to reinforce workshop learning. Additionally, participants can browse complementary resources on demand.

LifeLabs Learning Platform

LifeLabs Learning



Scalable Live Learning

All of your LifeLabs Learning programs are powered by a single, scalable platform that simplifies program management and boosts learner engagement for instant impact!

Step 1
Manage your programs with ease

- Upload all of your learners at once.
- Assign training to individual learners or groups in bulk.
- Boost engagement and attendance with automated reminders and optional Single Sign-On.

Step 2
Experience interactive learning

- Engage learners through unlimited live workshops led by expert facilitators.
- Empower learners with real-time feedback in interactive group practice and coaching sessions.
- Offer on-demand courses and resources to support live learning.

Step 3
Track progress anytime

- Monitor attendance and completion rates for live and on-demand training.
- Access real-time learner feedback data.
- Sort and view individual and team progress.

Additional Services

LifeLabs Learning

Want more support?

LifeLabs Learning can partner with you to build a robust L&D program, including:

- **Membership Plans**
  An annual membership with unlimited access to live LifeLabs Learning workshops, group practice and coaching sessions, and learning resources.
- **Retreat and offsite workshops**
- **Programs for specialized audiences**
  (e.g., sales professionals, engineering leads, high potential leaders, women leaders)
- **Organizational consulting**
  (e.g., performance reviews, onboarding, employee engagement, manager competencies)
- **Don't see a service you need?**
  Contact us about custom offerings.

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