

Skills Lab

The capstone experience that turns learning into on-the-job habits

Skills Lab is a **modular, customized reinforcement experience** at the end of every LifeLabs Learning program.

This live, facilitator-led session focuses on helping learners actively apply what they've learned to real situations. Rather than introducing new concepts, it creates space for practice, so those behaviors show up in day-to-day work.



The problem we solve

Most training helps people understand a concept, but that's only the first step. Without practice, new skills fade quickly.

Skills Lab is built for what comes after training.

In a facilitator-led session, learners work through real scenarios, practice key behaviors, and build consistency so skills become on-the-job habits. It combines structured practice with group coaching and peer insight, grounded in the real challenges your team faces today.

How participants practice:

- ✓ **Hotseats:** real challenges with live coaching
- ✓ **Peer coaching:** structured support from the group
- ✓ **Realplays:** practice for high-stakes conversations
- ✓ **Fishbowls:** observe and learn from others
- ✓ **Facilitator feedback:** guidance in the moment
- ✓ **And more:** based on your team's needs

Without structured practice, up to **70%** of new skills taught can be lost within 24 hours. Skills Lab helps prevent that.

94% of participants feel confident they can immediately apply these concepts and skills at world practice and coaching

92% of participants recommend our practice & coaching sessions to a friend or colleague

Based on feedback from thousands of learners in group practice and coaching sessions

No two Skills Labs are the same

Each Skills Lab is shaped by your goals and what comes up during your program. Your priorities guide the design from the start, and your facilitator builds on real challenges observed during workshops, tailoring the session's activities and focus to your organization's context in real time.