





LifeLabs Course Menu

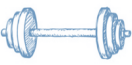


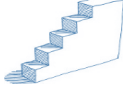
Manager CORE I

The core skills of great managers (2 hours each, 10 participants max, 1 workshop every week or every other week)

 <p>1. Coaching Skills</p> <p>Learn the fundamental skill of great leaders: how to develop your reports so that they become high performers.</p>	 <p>2. Feedback Skills</p> <p>Learn how to give feedback that's specific, actionable, and motivating – even when the conversation is tough.</p>
 <p>3. Productivity & Prioritization</p> <p>Identify the best use of your time and walk away with tools to help you and your team manage your priorities effectively.</p>	 <p>4. Effective 1-1s</p> <p>Put your 1-1 time to good use by focusing on your reports' progress, roadblocks, development, and engagement.</p>





Manager CORE II

After Manager CORE I, help managers deepen their skills and expand their capabilities (2 hours each, 10 participants max, 1 workshop every week or every other week)

 <p>1. Manager Intensive</p> <p>Assess the skills you learned in CORE I and take them to the next level by practicing and applying them to challenging scenarios.</p>	 <p>2. Strategic Thinking</p> <p>Strengthen your ability to simplify complexity and get to the heart of an issue. This includes long-term planning skills and inclusive project design.</p>
 <p>3. Meetings Mastery</p> <p>Learn how to become an outstanding meeting facilitator, keep people on track, and move groups toward decision and action.</p>	 <p>4. People Development</p> <p>Learn how to bring out the best in your reports by helping them grow their skills (even when there are no clear career paths).</p>




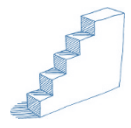
Executive & Director CORE

Execs and directors develop core skills to model, teach, and reinforce key skills at the organizational level (2 hours each, 10 participants max)

 <h3>1. Meta Coaching</h3> <p>Help the leaders you lead become more effective coaches, and take your own coaching and motivation skills to the next level.</p>	 <h3>2. Feedback Culture</h3> <p>Learn to deliver difficult messages well and how to develop an organization in which employees regularly give and ask for feedback.</p>
 <h3>3. Productivity Systems</h3> <p>Diagnose your team- and company-wide productivity challenges and communicate priorities even more effectively.</p>	 <h3>4. Org-Wide Effective 1-1s</h3> <p>Model great developmental conversations and identify opportunities to optimize your reports' 1-1 sessions with <i>their</i> reports.</p>

IC CORE

The key skills of successful individual contributors (2 hours each, 30 participants max)

 <h3>1. Influential Questions</h3> <p>Earn influence, communicate better, improve collaboration, and build relationships by increasing your question quality.</p>	 <h3>2. Feedback Skills</h3> <p>Help create a learning culture by giving high quality feedback, asking for feedback effectively, and receiving it well.</p>
 <h3>3. Productivity & Prioritization</h3> <p>This session bundles the most successful hacks for working smarter, faster, and better – on your own and with your team.</p>	 <h3>4. Career Growth</h3> <p>Understand your motivators and strengths so you can take charge of your own personal and professional development.</p>

All-Staff Electives

Ongoing access to development and opportunities to meet coworkers from across the org. All-Staff workshops can be tailored to ICs, managers, teams, or mixed groups (2 hours each, 30 participants max)

<h3>Delivery Skills</h3> <p>Capture attention, demonstrate warmth and competence, and make your message memorable.</p>
<h3>Advanced Listening Skills</h3> <p>Fix common communication barriers and increase your ability to make a meaningful impact.</p>

For more information or to launch your program, email hello@lifelabslearning.com

Personality & Work Styles

Understand your personality and practice flexing your style to collaborate with different work styles.

Conflict Resolution

Learn how to address conflict proactively and resolve it well – turning tension into connection.

Emotion Regulation

Identify your triggers and practice regulating techniques to stay calm and collected under pressure.

Negotiation Skills

Acquire the skills and knowledge you need to reach win-win outcomes in everyday work and life.

Understanding Team Dynamics

Most teams evolve through 4 phases. Recognize your team's phase and help it perform more effectively, even if you aren't in charge.

Leading Change

Help people accept change with less resistance and more resilience, flexibility, and enthusiasm.

People Reading

Learn how to read micro-expressions to increase connection and influence (the same training provided to the CIA & FBI).

Problem Solving Skills

Become a better problem solver – generating more novel and effective solutions.

Effective Email

Tweak your email format and wording to communicate more clearly and empathetically and get the replies that you want.

Crafting Surprise & Delight

Harness the psychology of surprise to turn an ordinary project, event, or interaction into an extraordinary experience.

Behavioral Interviewing

Learn how to interview candidates for competency and culture fit. Collect tools that will increase the quality of your hires.

Unconscious Bias & Behaviors of Inclusion

Learn how unconscious bias impacts you and how to develop behaviors of inclusion – habits that improve the way you communicate, collaborate, and advocate for yourself and others.

Presentation Content Design

Small changes to the design of your sessions make a big impact on your audience. Collect tools for more engagement, retention, and word of mouth.

Distributed Workforce

Access to development for dispersed teams (2 hours each)

Managing Remotes

Understand the unique challenges of managing remote employees and learn how to improve engagement, productivity, and connection for virtual workers and dispersed teams.

For more information or to launch your program, email hello@lifelabslearning.com

Working Remotely

Learn to proactively engineer an optimal environment, workflow, and communication cycle with your manager and team.

Virtual Workshops

All workshops on this Course Menu can be delivered in a live, virtual format to include your staff working from distributed locations around the world. Virtual trainings cover the same content.

Facilitated Sessions

Intensive programs for teams and growing orgs (15 participants max)

High Performance Team Tune Up (4 hours)

Your team will develop team norms and walk away with greater trust and cohesion.

Culture Intensive (1 day)

Use tools from psychology and anthropology to identify and scale your company culture.

Additional Support

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

- **Coaching programs** for executives, managers, and individual contributors
- **Organizational consulting** on areas such as onboarding and performance reviews
- **Custom workshops** for specialized audiences (e.g., sales professionals, female leaders)
- **Keynotes** for events