

# Introducing LabCoach<sup>AI</sup>

Reinforce the Impact of Live Workshops with our New AI Learning Companion

Webinar

November 5, 2025

LifeLabs<sup>7</sup>  
Learning

## Introducing LabCoach<sup>AI</sup>:

Reinforce the Impact of Live Workshops with our New AI Learning Companion

Priscila Bala  
Vice Chair  
LifeLabs Learning

Lisa Herbert  
Senior Product Manager  
LifeLabs Learning

Dossier Harps, EdD.  
Facilitation Manager  
LifeLabs Learning

LifeLabs<sup>7</sup>  
Learning

### Engaged and high-performing workplaces, faster.

500,000+ learners | 2,600+ innovative companies

Training for managers, senior leaders, and teams at amazing places like:

Dropbox

lyft

cisco

slack

zoom

Kaiser Permanente

Instagram

Spotify

McKesson

BlackRock

Squarespace

Target

Discord

duolingo

Klarna

After 3 months:

**100%**  
of learners said they were using new skills they had learned.

**95%**  
of learners' managers said they still saw a positive impact.

**70+**  
We earn a world-class NPS score from our clients

## After live workshops

1

Sustain momentum

Critical to maintain **momentum** between live workshops

2

Practice opportunities

Important to practice **high-stakes** conversations

3

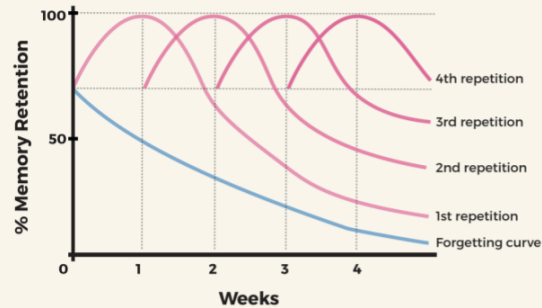
Just-in-time

Live practice and guidance in **the flow of work**

## J Curve

The J Curve graph illustrates the performance gap over time. The y-axis represents 'PERFORMANCE' and the x-axis represents 'TIME'. A dashed red line, labeled 'Expected', shows a linear increase in performance over time, reaching a 'Desired state'. A solid black line, labeled 'Actual', starts at the origin, initially dips below the x-axis (indicating a decline in performance), and then rises to eventually meet the 'Expected' line at the 'Desired state'.

## Ebbinghaus Forgetting Curve



## How we make the learning stick

### Multi-modality learning reinforcement

#### On-Demand Courses

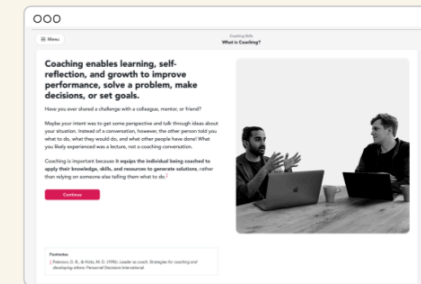
30-minute, self-paced courses to support facilitator-led live learning

#### Learning Retention Resources

Assignable quizzes, videos, articles and other resources for continuous reinforcement and just-in-time learning

#### Group Coaching

Facilitator-led skill practice, coaching, and feedback sessions that reinforce and deepen workshop and on-demand course experiences



## Where LabCoach<sup>AI</sup> fits in

Live learning is the engine. LabCoach<sup>AI</sup> is the flywheel.

- ✓ **Multiply the impact** of facilitator-led workshops with practice and coaching in the flow of work.
- ✓ Provide learners with **confident practice** in a confidential, low-stakes space.
- ✓ **Scale coaching and practice support** for every learner, without the coaching price tag.



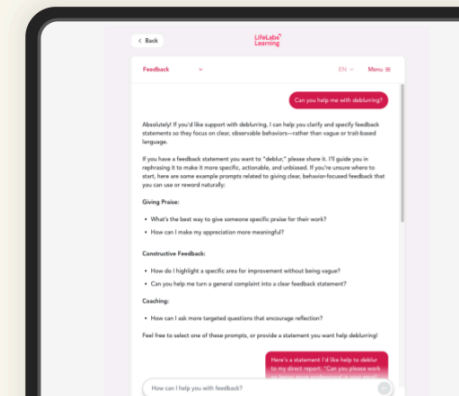
I want to practice Q-stepping. Can we do a scenario?

Absolutely, I can help you with a live roleplay! I'll take on the role of the coachee and share a challenge, and you can practice Q-Stepping by staying in questioning mode.

## LabCoach<sup>AI</sup>

LabCoach<sup>AI</sup> is your **purpose-built conversational coach**, grounded in LifeLabs' **Tipping Point Skills™** and decades of behavioral science.

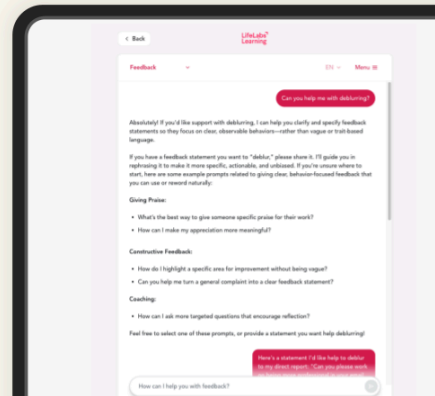
LabCoach<sup>AI</sup> gives learners a confidential, low-stakes space to practice critical behaviors anytime they need, boosting confidence, skill fluency, and retention between live sessions.



## LabCoach<sup>AI</sup>

LabCoach<sup>AI</sup> is your purpose-built conversational coach, grounded in LifeLabs' Tipping Point Skills™ and decades of behavioral science.

LabCoach<sup>AI</sup> gives learners a confidential, low-stakes space to practice critical behaviors anytime they need, boosting confidence, skill fluency, and retention between live sessions.



## Agenda



- 1 Welcome!
- 2 Feedback Skills
- 3 LabCoach<sup>AI</sup> Demo
- 4 Audience Q&A

## Micro-Yes

- "Can we do a quick check-in on...?"
- "Do you have time to talk about...?"
- "I have some feedback on...  
Can I share it with you?"



14

## Deblur

- » Convert the blur words into behaviors a camera can capture.

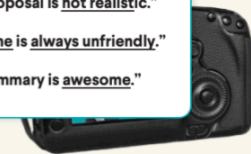


"Your email is too sloppy."

"Your proposal is not realistic."

"Your tone is always unfriendly."

"Your summary is awesome."



18

## Feedback Grid

➡ Fill in the Behavior column of the Feedback Grid.

Using the same feedback situation, write out the behavior.

| 1. Micro-Yes                                                   | 2. Behavior                                         | 3. Impact | 4. Question |
|----------------------------------------------------------------|-----------------------------------------------------|-----------|-------------|
| Do you have ten minutes to talk about your last email to Jill? | I noticed that you responded to her email too late. |           |             |



## Next Steps

**Grab:** Your phone or computer

**Request a Meeting:** Connect with your LifeLabs Learning Consultant to learn how to add LabCoach<sup>AI</sup> to your platform!



Scan the QR code to schedule a meeting

