



Membership Program Menu

Make **real** impact. Really fast.

LifeLabs⁷
Learning






Make **real** impact. Really fast.

We teach 500,000+ people at 2,400+ amazing companies.



LifeLabs Learning Membership unlocks unlimited access to live, interactive workshops with expert facilitators to build real skills, real fast.

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

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 are delivered live virtually with expert facilitators. On-demand courses and our resource hub deepen live learning experiences.

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Program Results

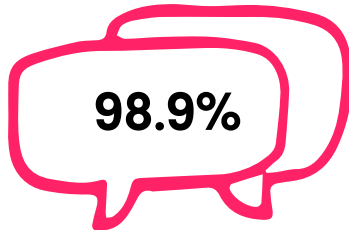
Our workshop feedback scores are consistent across all of our programs. If any workshop scores less than 90%, we cut it from our menu. Why? When your employees love the development opportunities your company provides, they are more likely to apply new tools, feel valued, and pass on what they've learned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

Workshops employees love

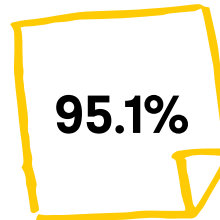
We surveyed 24,160 participants:



Said the workshop they took was useful



Said their facilitator was knowledgeable



Said the workshop was engaging

Learning that sticks

In a 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, and **100%** of the participants' managers said they were still seeing a positive impact.

Programs that create 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

Learning & Development Journey



How does Membership work?

Membership is designed to make your Learning & Development (L&D) program more accessible and flexible, and to boost employee performance, engagement, and effectiveness.

Step 1 Enter the Lab

Learner access and scheduling are easier than ever with weekly virtual workshops offered for all skill levels, covering over 30 topics, and self-paced on-demand courses. Learners can register for and attend learning experiences at their own convenience with unlimited opportunities for interactive, expert-led skill-building right at their fingertips.

Step 2 Experience interactive learning

Learners benefit from direct engagement in live virtual workshops, not static video recordings. They can personally interact with world-class facilitators and connect with peers from diverse companies to exchange insights. Learners are also invited to practice and apply the skills they learn with real-life context and instant expert feedback in new group practice and coaching sessions. On-demand courses are available to reinforce learning anytime, anywhere.

Step 3 Catalyze growth

Fun, science-backed, and results-driven workshops focus on tipping point skills that make a big impact. And they're followed up with targeted learning nudges for material reinforcement. The result? Learning that sticks! On-demand courses and companion resources further deepen learning. Easily monitor and measure learners' progress as they travel through their L&D journey, gaining new skills and reaching new levels of performance.

Membership Overview

An annual membership with unlimited access to live LifeLabs Learning workshops, group practice and coaching sessions, on-demand courses, and our curated resource hub.

Three membership plans available to match your business and budget.

Skill Up

\$500
/learner/year

Included workshops:

- ✓ Influential Communication
- ✓ Productivity & Prioritization
- ✓ Feedback Skills
- ✓ Behaviors of Inclusion
- ✓ Adaptivity & Resilience
- ✓ Career Growth
- ✓ Delivery Skills

NEW On-Demand Courses

Level Up

\$1,250
/learner/year

All workshops in Skill Up, plus:

- ✓ Managing Distributed Employees
- ✓ Coaching Skills
- ✓ NEW 1-hr Coaching Conversations
- ✓ NEW 1-hr Coaching Culture
- ✓ Feedback Skills for Managers
- ✓ NEW 1-hr Feedback Conversations
- ✓ NEW 1-hr Feedback Culture
- ✓ Productivity & Prioritization for Managers
- ✓ NEW 1-hr Productivity Coaching
- ✓ NEW 1-hr Culture of Productivity
- ✓ Effective 1-1s
- ✓ NEW 1-hr Engagement through 1-1s
- ✓ NEW 1-hr Culture of Engagement
- ✓ Inclusive Interviewing

**NEW Group Practice & Coaching
NEW On-Demand Courses**

Lead Up

\$1,750
/learner/year

All workshops in Skill Up & Level Up, plus:

- ✓ Strategic Thinking
- ✓ Meetings Mastery
- ✓ Leading Change
- ✓ People Development
- ✓ Rapid Trust
- ✓ Skillful Conflict & Collaboration
- ✓ Inclusive Systems Skills

**NEW Group Practice & Coaching
NEW On-Demand Courses**



Resource hub with searchable companion resources.



Simplified scheduling with unlimited access to daily virtual workshops, facilitated live by experts and suitable for learners of all levels.



Streamlined program management with a dedicated platform:

- Set up company & learner accounts
- Manage users & access
- Registration & attendance tracking
- Receive email notifications
- Process payments
- On-going access to new features



Skill Up Membership

A membership plan designed to serve everyone in your workforce. Members will learn skills that accelerate success and influence in the workplace.

Skill Up Workshops & Features

Unlimited access to science-backed workshops that build foundational skills, driving success through enhanced productivity, communication, and feedback.

Workshop:	What they'll learn:
Influential Communication	Earn influence, improve collaboration, and build relationships by adjusting how you communicate.
Productivity & Prioritization	Collect tools to help you and your team make progress on the most important things.
Feedback Skills	Give performance-changing feedback even when the topic is tough and time is limited.
Behaviors of Inclusion	Build awareness, shared vocabulary (to make important conversations easier), and learn to be an advocate for yourself and others.
Adaptivity & Resilience	Learn techniques to stay calm, collected, and clear-minded even when things are quickly changing.
Career Growth	Learn to take charge of your professional growth by building your skills, relationships, and reputation.
Delivery Skills	Capture attention, demonstrate warmth and competence, and make your message stick.
NEW Includes On-Demand Courses	
NEW On-Demand Feedback Skills	Give feedback that's specific, actionable, and motivating – even when the conversation is tough.
NEW On-Demand Feedback Culture	Create and nurture a strong feedback culture by making feedback conversations easy, enjoyable, and useful.
NEW On-Demand Behaviors of Inclusion™	An inclusive workplace is within reach. Learn simple and effective skills to help you practice inclusion and reduce bias in everyday interactions.
NEW On-Demand Inclusive Culture	An inclusive culture is an important part of the global workplace. Learn and share effective practices to sustain an inclusive culture.

Program logistics: Each workshop is 2 hours. Members can access live virtual workshops at their own pace and on their own schedule. On-demand courses are self-paced and can be completed in under 30 minutes.

Turn learning into action! After each workshop, participants get summaries, templates, and Mini Missions. They also receive a 6-month Nudge Series specific to what they learned: short, fun nudges to refresh and apply new skills. Plus, reinforce learning with companion content in our searchable resource hub.

Upgrade to **Level Up** and get:

- Workshops for 1:1 management skills
- NEW 1-hour workshops
- NEW group practice & coaching sessions
- More on-demand courses

Level Up Membership

A membership plan designed to build foundational management skills.

Members will hone management skills that immediately make conversations, relationships, and decisions better.

Level Up Workshops & Features

Unlimited access to science-backed workshops that level up one-on-one management skills, from effective coaching to productive face-to-face meetings.

All workshops in Skill Up plus:

Workshop:	What they'll learn
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.
Coaching Skills	Master the cornerstone skill of great leaders: developing people to become high performers.
NEW 1-hr Coaching Conversations	Master the cornerstone skill of great leaders: coaching people to become high performers.
NEW 1-hr Coaching Culture	Create an empowering, resilient, and innovative culture by infusing simple but powerful coaching habits into your team dynamics.
Feedback Skills for Managers	Give performance-changing feedback even when the topic is tough and time is limited.
NEW 1-hr Feedback Conversations	Learn how to give feedback that's specific, actionable, and motivating – even when the conversation is tough.
NEW 1-hr Feedback Culture	Learn how to create a feedback-rich culture that boosts your team's results.
Productivity & Prioritization for Managers	Collect tools to help you and your team make progress on the most important things.
NEW 1-hr Productivity Coaching	Learn how to help others plan ahead to work on what is most important and to share time and attention between competing priorities.
NEW 1-hr Culture of Productivity	Identify ways you and your team can align priorities and create a culture that avoids distractions and finds focused ways to complete high-value work.

Continued →

Level Up Membership

A membership plan designed to build foundational management skills.

Members will hone management skills that immediately make conversations, relationships, and decisions better.

All workshops in Skill Up plus:	
Workshop:	What they'll learn
Effective 1-1s	Use one-on-ones to maximize people's feeling of certainty, progress, inclusion, growth, and engagement.
NEW 1-hr Engagement through 1-1s	Use one-on-ones to boost engagement and performance by maximizing people's feeling of growth and development.
NEW 1-hr Culture of Engagement	Learn the 5 psychological drivers that increase productivity and motivation, surface overlooked issues, and transform how your direct reports feel about work.
Inclusive Interviewing	Conduct interviews fairly and effectively while creating an inclusive candidate experience and improving your hiring decisions. (2 hours, 30 participants max)

NEW Includes Group Practice & Coaching:	
NEW Group Practice & Coaching: Coaching Skills	Immerse yourself in real-life scenarios and contexts to practice and apply leadership and coaching skills. Attend as often as you like to practice in a group setting and 1:1 with peers, and gain new insights each time.
NEW Group Practice & Coaching: Feedback Skills	Deepen your learning of the Feedback Formula with interactive practice for real-life feedback situations. Get comfortable with giving feedback to anyone in a safe practice space with personalized, expert feedback on your behavior.

NEW Includes all On-Demand Courses in Skill Up plus:	
NEW On-Demand Coaching Skills	Empower others to identify challenges and devise their own solutions with simple and effective question skills you can use in one-on-one interactions.
NEW On-Demand Coaching Culture	Create and nurture a robust coaching culture by using open and authentic questions to enable others to think in new ways and solve a wider range of problems.

Program logistics: Each workshop is 1 or 2 hours. Members can access live virtual workshops at their own pace and on their own schedule. Workshops are limited to 40 participants. Group practice and coaching sessions are limited to 20 participants to ensure a highly interactive experience with ample facilitator interaction. On-demand courses are self-paced and can be completed in under 30 minutes.

Turn learning into action! After each workshop, participants get summaries, templates, and Mini Missions. They also receive a 6-month Nudge Series specific to what they learned: short, fun nudges to refresh and apply new skills. Plus, reinforce learning with companion content in our searchable resource hub.

Upgrade to **Lead Up** and get:

- Workshops for managers leading groups and teams

Lead Up Membership

A membership plan designed to foster skills for managing teams & groups.

Members will learn powerful leadership skills that drive team performance and results, faster.

Lead Up Workshops & Features

Unlimited access to science-backed workshops that upgrade group and team leadership skills, from mastering meetings to promoting inclusivity to managing conflict and collaboration.

All workshops in Skill Up and Level Up plus:	
Workshop:	What they'll learn
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.
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.
Skillful Conflict & Collaboration	Handle conflict productively to drive innovation and collaboration across teams, cultures, and remote, in-person, or hybrid environments.
Inclusive Systems Skills	Learn how to flag, discuss, and optimize organizational policies, practices, and procedures that are most prone to bias and develop inclusive systems thinking skills you can apply immediately to any system or program you build at your company.

Continued →

Lead Up Membership

A membership plan designed to foster skills for managing teams & groups.

Members will learn powerful leadership skills that drive team performance and results, faster.

NEW Includes Group Practice & Coaching:

NEW Group Practice & Coaching: Coaching Skills	Immerse yourself in real-life scenarios and contexts to practice and apply leadership and coaching skills. Attend as often as you like to practice in a group setting and 1:1 with peers, and gain new insights each time.
NEW Group Practice & Coaching: Feedback Skills	Deepen your learning of the Feedback Formula with interactive practice for real-life feedback situations. Get comfortable with giving feedback to anyone in a safe practice space with personalized, expert feedback on your behavior.

NEW Includes all On-Demand Courses in Skill Up plus:

NEW On-Demand Coaching Skills	Empower others to identify challenges and devise their own solutions with simple and effective question skills you can use in one-on-one interactions.
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Additional Services

Want more support?

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

- ✓ **Private Programs**
Personalized workshops tailored to your company's unique needs and culture.
- ✓ **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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