

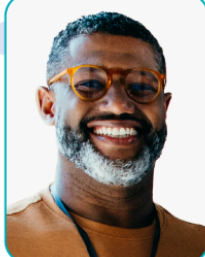
# Membership Program Menu

Make real impact. Really fast.

 LIVE NOW

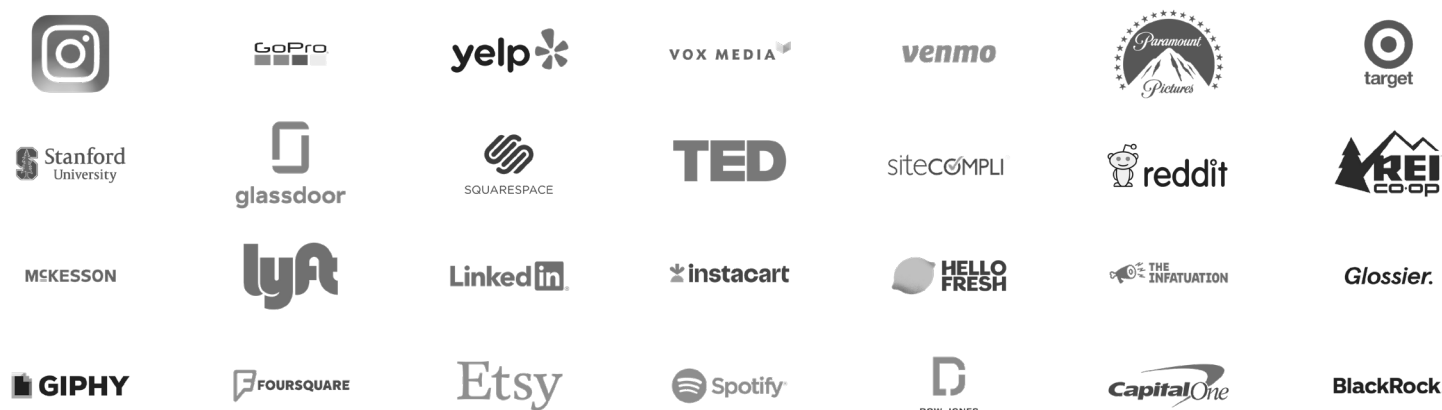
**Effective 1-1s**

Join Now



# Make **real** impact. Really fast.

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

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## Research-backed skills that drive big results

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.



# 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

*\*survey of 24,160 participants*

**95%**

Said the workshop they took was useful

**99%**

Said their facilitator was knowledgeable

**95%**

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,

**94%**

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



# 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. We have three membership plans available to match your business and budget.

## Skill Up

**\$500**

per learner/year

Included workshops:

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

**Group Coaching**

**On-Demand Courses**

## Level Up

**\$1,250**

per learner/year

All workshops in Skill Up, plus:

- ✓ Managing Distributed Employees
- ✓ Coaching Skills
- ✓ Feedback Skills for Managers
- ✓ Productivity & Prioritization for Managers
- ✓ Effective 1-1s
- ✓ Inclusive Interviewing

**Group Coaching**

**On-Demand Courses**

## Lead Up

**\$1,750**

per 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

**Group Coaching**

**On-Demand Courses**

**Every Membership plan includes:**

-  Science-backed content
-  Expert live facilitation
-  Dedicated program launch support
-  Simplified scheduling with daily virtual workshops
-  Interactive group coaching sessions
-  Scalable tech platform with real-time reporting
-  On-demand courses and learning resources
-  Reusable templates and tools

# Skill Up Membership

A membership plan designed to serve everyone in your workforce.

- ✓ Build foundational skills and accelerate success and influence in the workplace.
- ✓ Enhance feedback, productivity, and communication

## Live Workshops

Influential Communication	Earn influence, improve collaboration, and build relationships by adjusting how you communicate.
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.
Productivity & Prioritization	Collect tools to help you and your team make progress on the most important things.
Delivery Skills	Capture attention, demonstrate warmth and competence, and make your message stick.

## Group Coaching

Group 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.
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## On-Demand Courses

On-Demand Feedback Skills	Give feedback that's specific, actionable, and motivating – even for tough conversations.
On-Demand Feedback Culture	Create and nurture a strong feedback culture by making feedback conversations easy, enjoyable, and useful.
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.
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.

### Upgrade to **Level Up** and get:

- ✓ Workshops for 1:1 management skills
- ✓ 1-hour workshop options
- ✓ More on-demand courses

# Level Up Membership

A membership plan designed to build foundational management skills.

- ✓ Hone management skills that immediately make conversations, relationships, and decisions better.
- ✓ Level up one-on-one management skills, from effective coaching to productive face-to-face meetings.

## All Live Workshops in Skill Up **plus**:

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.
Feedback Skills for Managers	Give performance-changing feedback even when the topic is tough and time is limited.
Productivity & Prioritization for Managers	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.
Inclusive Interviewing	Conduct interviews fairly and effectively while creating an inclusive candidate experience and improving your hiring decisions. (2 hours, 30 participants max)

## Includes Group Coaching:

Group 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.
Group 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.

## Includes all On-Demand Courses in Skill Up **plus**:

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.
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.

## Upgrade to **Lead Up** and get:

- ✓ Workshops for managers and leading groups and teams

# Lead Up Membership

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

✓ Learn powerful leadership skills that drive team performance and results, faster.

✓ Upgrade group and team leadership skills, from mastering meetings to promoting inclusivity to managing conflict and collaboration.

## All Live Workshops in Level Up **plus**:

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.

## Includes Group Coaching:

Group 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.
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# Compare Membership Plans

	Skill Up	Level Up	Lead Up
Influential Communication	✓	✓	✓
Feedback Skills	✓	✓	✓
Behaviors of Inclusion	✓	✓	✓
Adaptivity & Resilience	✓	✓	✓
Career Growth	✓	✓	✓
Productivity & Prioritization	✓	✓	✓
Delivery Skills	✓	✓	✓
Managing Distributed Employees		✓	✓
Coaching Skills		✓	✓
Feedback Skills for Managers		✓	✓
Productivity & Prioritization for Managers		✓	✓
Effective 1-1s		✓	✓
Inclusive Interviewing		✓	✓
Strategic Thinking			✓
Meetings Mastery			✓
Leading Change			✓
People Development			✓
Rapid Trust			✓
Skillful Conflict & Collaboration			✓
Inclusive Systems Skills			✓
Group Coaching: Feedback Skills	✓	✓	✓
Group Coaching: Coaching Skills		✓	✓
On-Demand Feedback Skills	✓	✓	✓
On-Demand Feedback Culture	✓	✓	✓
On-Demand Behaviors of Inclusion™	✓	✓	✓
On-Demand Inclusive Culture	✓	✓	✓
On-Demand Coaching Skills		✓	✓
On-Demand Coaching Culture		✓	✓

# Across all Memberships

## Workshop 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 coaching sessions are limited to 20 participants to ensure a highly interactive experience with ample facilitator interaction.

## On Demand Courses

On-demand courses are self-paced and can be completed in under 30 minutes.

## Turn learning into action!

Program administrators can assign supplemental resources to participants' learning dashboards to reinforce workshop learning.

Plus, reinforce learning with companion content in our searchable resource hub.

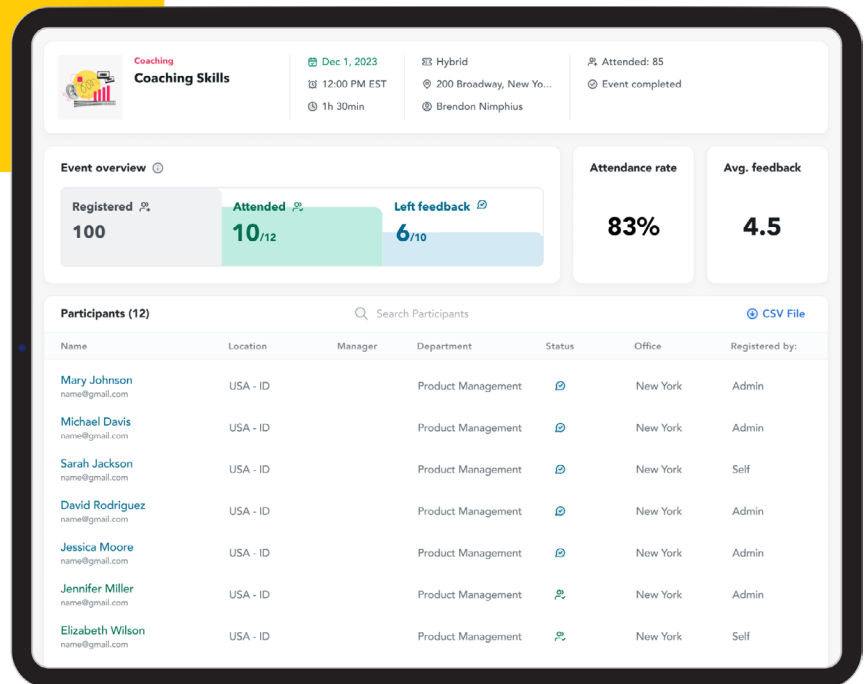


# LifeLabs Learning Platform

## Scalable Live Learning

Membership is designed to enhance the accessibility and flexibility of your Learning and Development (L&D) program, allowing for immediate impact.

With the centralized LifeLabs Learning platform, you can seamlessly onboard, manage, and monitor learner progress.



### 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 live workshops led by expert facilitators.
- ✓ Empower learners with real-time feedback in interactive group 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

Explore additional ways to enhance your L&D program and empower your team. We offer specialized training programs for diverse audiences and customized consulting for people operations initiatives.

- ✓ **Executive and C-suite trainings**
- ✓ **Team Training Programs**  
Personalized workshops tailored to your company's unique needs and culture.
- ✓ **Retreat and offsite workshops for groups of all sizes**
- ✓ **Programs for specialized audiences**  
Sales professionals, engineering leads, high-potential leaders, women leaders, and more
- ✓ **Organizational consulting**  
Performance reviews, onboarding, employee engagement, manager competencies, and more
- ✓ **Don't see a service you need?**  
Contact us about custom offerings.



Launch your program today! Visit [LifeLabsLearning.com](https://www.lifelabslearning.com) or contact your LifeLabs Learning Program Consultant via email: [hello@lifelabslearning.com](mailto:hello@lifelabslearning.com)



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