Manager CORE Part 1

LifeLabs Learning

We've combined research in psychology with years of our own findings to identify the CORE skills of great managers.

Workshop:	After this workshop, managers will know how to:	They will practice:
1. Coaching Skills	• Motivate and empower their reports • Help their reports become proactive and independent • Listen and communicate more effectively	Active listening, question agility, coaching through work-related challenges
2. Feedback Skills	• Handle difficult conversations well • Give actionable feedback • Ask for feedback effectively	Preparing for a tough conversation, giving and asking for feedback
3. Productivity & Prioritization	• Manage their time and their reports' time well • Clearly communicate priorities • Take action proactively vs reactively	Prioritizing tasks and fixing common time management challenges
4. Effective 1 - 1s	• Give reports a feeling of constant growth • Increase sense of meaning and inclusion • Use 1-on-1s to drive performance and engagement	Holding developmental 1-on-1 conversations
5. Manager Intensive 1	3 months later, at the critical point in the learning cycle when new skills start to fade, participants assess their CORE 1 skills, then take them to the next level by applying them to challenging scenarios.	

Materials that become yours after CORE Part 1:
• **For your managers** - summaries of each session, worksheets, reusable templates, automated practice prompts
• **For your L&D team** - learning retention tools and consulting

Program logistics: 2 hours per workshop | 10 participants per cohort | spaced for maximum learning retention

Next level training: Launch CORE Part 2 one year after CORE Part 1. In the meanwhile, train executives how to model and reinforce CORE 1 skills, and offer individual contributor and team development programs.

MANAGER CORE PART 1 RESULTS

In a survey of 2,560 managers at 300+ companies:	In a study of 100+ managers at 30 companies:
95% said the program was useful **100%** said their facilitator was knowledgeable **95%** said the workshops were engaging	**93.6%** said the training was still having a positive impact on their performance **6 months** after the program ended.