

Hi there,

For the past 2 decades, more than 3,000 companies have partnered with LifeLabs Learning to strengthen their managers, teams, and workplace culture.

After training over 500,000 learners, working closely with clients across industries, and studying the science of behavior change, we've evolved and expanded our programs to support the realities teams are navigating today.

Our [new learning programs](#) build on the same science-backed, behavior-focused approach teams already know us for, now organized into learning journeys tied to real workplace challenges and business outcomes.

We also refreshed and strengthened our flagship programs, including Manager Core, to reflect the evolving needs of managers and teams. Within each program, workshops are intentionally sequenced to reinforce learning, build skills progressively, and help new behaviors show up more consistently in day-to-day work.

Explore Our New Programs

Manager Core

Build stronger managers and higher-performing teams.

[View Manager Core](#)→



Change & Alignment

Lead change with clarity and alignment.

[View Change & Alignment](#)→



Focus & Productivity

Improve focus, prioritization, and execution.

[View Focus & Productivity](#)→



Collaboration & Trust

Build trust and collaborate through conflict.

[View Collaboration & Trust](#)→



Workplace Core

Strengthen communication, feedback, and workplace effectiveness.

[View Workplace Core](#)→



Many of these programs began as custom training built alongside clients facing these exact challenges. After seeing the impact of that work, we're now making those experiences available to organizations everywhere.

Introducing Skills Lab: Turning Learning Into Action

One thing we hear often is that learners want more time to practice. That's why every program now concludes with [Skills Lab](#), a hands-on, customized experience where participants apply new skills directly to real workplace scenarios.

Each Skills Lab is shaped around your team's priorities and needs, making learning relevant and easy to use right away.

Skills Lab

A live, facilitator-led session held at the end of every program to practice and apply skills in real-world scenarios.



What challenge is your team solving right now? Let's find the right program together.

[Talk to your consultant](#)

Warmly,

The LifeLabs Learning Team

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LifeLabs Learning is the go-to leadership training company for managers, execs, and teams at innovative companies like Slack, Glossier, Lyft, Venmo, and BlackRock.

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