

Snackable sessions



Topical and on-demand 90-minute workshops for groups or teams.

Designed for modern learning and busy leaders, our suite of ready to go sessions follow our B3 methodology to foster experimentation and on the job action. Snackable sessions are designed to address everyday challenges that are relevant to your organization, giving your people the chance to connect and learn from each other's experiments.

B3 in practice, a Leading through change snackables session:

Be conscious.

Dive deep both solo and as a team into your organization's leadership context, pinpointing key priorities, opportunities, challenges, and present obstacles to embedding change more effectively.



Be curious

Explore new perspectives, cutting-edge tools, and change management frameworks, for example the [Pre-Mortem tool](#), while pooling collective wisdom for resonant, experience-driven insight.



Be better

Commit to personalized, actions for your context. Form peer groups post-workshop for mutual inspiration, accountability, and peer coaching that supports your change leadership plan.



At a glance



AUDIENCE

Organizations who need to deliver topical, quick development for time-poor leaders and groups of up to 50 pax.



COMMITMENT

- 90-minute virtual or face-to-face workshop. Option to create a customized 20-minute digital priming workout

SUCCINCT, FOCUSED AND USABLE DEVELOPMENT

On average, we only have 24 minutes for any type of 'formal learning' in our working week. Time-constrained and busy, our learning and growth can sometimes take a back seat to the commitments of our everyday lives.

- **94% of L&D professionals prefer short and sharp learning** to traditional time-consuming courses, because their learners prefer it (Boyetette 2012).
- **54% better engagement.** From a [survey of leaders](#), more than half indicated they would use their company's learning tools more if the courses were shorter.
- **80% better focus and retention.** [Research shows](#) bite-sized learning is easily accessible and more focused, meaning that leaders use this learning as and when needed.

Some of our popular Snackable topics.

Choose from our a suite of snackable workshops, or work with us to create a customized topic that addresses the immediate needs of your organization. Workshops can be complimented by customized digital workouts.



Real conversations

Prioritize your 'big rocks' and keep on track in a rapidly changing environment. Control what you can and employ tools that will ensure each team member is accountable and working toward a common goal.

Leading Through Change

How to lead well in these unprecedented times. Learn how you can best support your people to be a guiding force through uncertainty. Use tools to establish a stable and positive environment for the psychological safety of your people.

Time Management

Learn how to better manage your time, increase productivity levels, and learn tools that will enable you to work smarter not harder, focusing on the areas in your life that really matter.

It Starts With Me

Learn tools to focus on what matters most and regain agency in your situation. Practice recognizing stress triggers to enable you to show up with intentionality and focus.

Coaching and Feedback

Learn how to share constructive and effective feedback, structure a coaching conversation, and develop empathetic and powerful listening techniques to better understand others' problems and solutions.

Being Effective

Prioritize your 'big rocks' and keep on track in a rapidly changing environment. Control what you can and employ tools that will ensure each team member is accountable and working toward a common goal.

Leading Virtual Teams

You'll learn how to best support your people and teams to ensure that each team member is aligned and has a common understanding of expectations. Explore tools that will help you have effective, focused and enjoyable team meetings.

Future Fit

Set yourself, your team, and your organization up for success to come out from challenging setbacks and conditions leaner, stronger, and well placed for what the future holds.

Goal Setting

Get help in setting and executing your work and professional goals. This will guide your focus and enable you to gain clarity in decision making and map out how to achieve your purpose.



Interested in Snackables for your organization?
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