



# Gravity Learning "Ready to Go" Learning Programs and Workshops

Elevate your team with instantly applicable, science-focused professional and managerial skills.

Then, **PROVE** results with impact and ROI studies.

## Foundational Manager

All Gravity programs can be customized to your organization

Year **1**

**For:** Managers who haven't participated in an in-depth Manager Skills program

- Building Trust and Understanding Your Team
- Dealing with Difficult Performance Conversations
- Setting Expectations and Effective Delegation
- Communicating and Managing Change
- Giving and Receiving Effective Feedback
- Coaching and Guided Problem Solving

## Next-Level Modern Manager

All Gravity programs can be customized to your organization

Year **2**

**For:** Managers who are deeply-experienced or ready to take it to the next-level

### Increase Engagement

- Neuroscience of Emotional Intelligence
- From Bias to Belonging – A Manager's "How To"
- Psychological Safety – Skills for Inclusive Teams
- The Formula for Inspirational Storytelling – Get 2x More "Yes"

### Increase Efficiency

- Strategic Problem Solving + Generating Ideas
- Storytelling with Data – Propose Solutions
- Project Managers for Leaders
- The Art of Influence

## Career Essentials for Everyone

- Comprehensive Discovery and Taking on Projects
- The Psychology of PowerPoint
- The Formula of Inspirational Storytelling – Drive Action at Work
- Real World Time Management
- The Science of Clear and Impactful Writing
- AI in the Workplace – Artificial Intelligence for Everyone

## Results That Speaks for Us



AVE. FACILITATOR RATING: **4.89/5**

AVE. ROI: **2.7X**

AVE. WORKSHOP RATING: **4.87/5**

AVE. NPS: **81** World Class

% RECOMMEND: **99.5%**

% APPLIED SKILLS AND SAW VISIBLE IMPACT: **85.8%**

## Trusted by Leading Organizations





## Our Clients Speak for Us

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*"Gravity Learning's program resulted in 94% long-term behavior change and 100% of participants recommending it."*

**Carole Streicher**

Partner, National Deal Advisory & Strategy  
Leader, KPMG

*"Gravity's customized training had a lasting impact on our management team, with impressive long-term results."*

**John J. Perry**

Vice President, Applied Research  
Associates, Inc.

*"Gravity delivers the highest-quality learning experiences, backed by research and tailored for our needs."*

**Randi Perry**

Workforce Learning and Development Program Leader, The  
City of San Jose

*"Gravity's engaging, science-based trainings are the backbone of our professional development program."*

**Jessica Gruner**

Learning and Development Design & Delivery,  
Kaiser Permanente

## Our Full Selection of Offerings

**Don't see what you need? Request a consultation to build a bespoke solution**

### Workshops for Managers and Leaders

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#### Leadership and Management Skills

- The New Manager – Hit the Ground Running
- Goal Setting that Works – Smarter Than SMART
- The Science of Leadership Presence
- Interview Skills – Rethinking how to land a dream employee

#### Coaching

- Coaching and Guided Problem Solving
- Accountability: Getting and Holding
- Difficult Performance Conversations

#### Change Management

- Leading Through Change and Ambiguity
- Plan for Change and Keep People Going

#### Team Development and Collaboration

- Psychological Safety in Action: Skill Building for Inclusive Teams
- Building Strong Foundations: Strategies for Connecting with Your Team
- Managing Team Conflict - Secrets You Can Steal From Professional Conflict Managers
- From Bias to Belonging: The Science and Skills of Inclusion (DEI for Managers)
- Give and Receive Fantastic Feedback

#### Communication and Meeting Skills

- Highly Practical Skills of Meeting Design
- Superstar Facilitation: The Art of Leading Meetings
- Setting Expectations and Effective Delegation
- Strategic Thinking and Problem Solving

## Workshops for Everyone

Relevant and impactful for AND experience level. It's science-based learning – never “standard” or “basic”

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### Workplace Skills and Problem Solving

- Real-World Design Thinking
- Critical Thinking and Complex Problem Solving
- Project Management for Everyone
- Risk Management for Everyone
- Collaboration in a Fast-Paced Environment

### Emotional Intelligence and Interpersonal Skills

- The Neuroscience of Emotional Intelligence
- Managing Relationships – Skills for Awareness and Interactions
- Assertive Communication with Less Backlash
- Growth Mindset
- The Art of Influence
- Managing Up – Navigate Relationships with Leaders

## Communication Skills for Everyone

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### Public Speaking and Storytelling

- Real-World Public Speaking
- The Formula for Inspirational Storytelling
- Proposing Ideas Leaders Say YES to

### Time Management

- Real-World Time Management

### Conflict and Difficult Conversations

- Courageous Conversations
- Team Level and Upward Feedback
- Conflict Resolution and De-Escalation

### Writing and Customer Interaction

- The Science of Clear and Impactful Writing
- Customer Service: The Psychology of Excellence
- Discovery for Success – The Psychology of Fantastic Discovery Meetings



#### GET IN TOUCH

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