



bundle

Welcome, **Paul!**

Sessions Remaining This Month: 1/1
Cycle Date: 3/15/2025

Upcoming Sessions

Name	Date	Time	Trainer
Time Management <small>no results</small>	2/12/2025	10:00AM (PST)	Keith T.
Elevate Emotional Intelligence <small>no results</small>	3/5/2025	2:00PM (PST)	Lindsay B.

Start Here We recommend starting with these 3 sessions for the best results with your plan.

- Effective Communication
- Builds Skills Team Dynamics
- Elevate Emotional Intelligence

Browse Sessions [See All](#)

- Effective Communication
- Builds Skills Team Dynamics
- Elevate Emotional Intelligence
- Elevate Emotional Intelligence
- Elevate Emotional Intelligence

bundle © 2025 bundle | Terms & Conditions | Privacy Policy | All rights reserved. 2025 bundle.

bundle

Session Catalog

Table of Contents

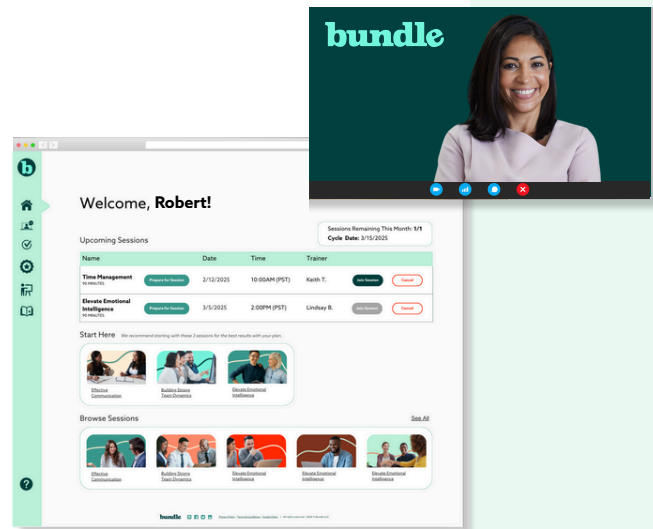
About Our Sessions	3	Managing Change	12
Building Strong Team Dynamics	4	Managing Stress in the Workplace	13
Business Acumen	4	Maximizing the Impact of 1:1s	13
Coaching and Feedback	5	Motivating People	14
Conflict Resolution	5	Negotiation + Influence	14
Creative Thinking and Innovation	6	Public Speaking	15
Critical Thinking	6	Problem Solving	15
Effective Communication	7	Productivity and Organization	16
Elevate Emotional Intelligence	7	Resilience Leadership	16
Empathy and Compassion at Work	8	Servant Leadership	17
Executive Presence	8	Storytelling and Persuasion	17
Develop a Culture of Inclusion	9	Strategic Decision-Making	18
Digital Leadership	9	Succession Planning I	18
Interviewing with Impact	10	Succession Planning II	19
Foster Collaboration	10	Systems Leadership	19
Leadership Essentials	11	Time Management	20
Leading Difficult Conversations	11	Transformational Leadership	20
Leading Other Leaders	12	Peer Reinforcement Sessions	21
		NEW! Coaching Support	21

About our Sessions

Personalized skills training that drives real business results.

Bundle tailors training to each role and skill level, maximizing knowledge transfer and organizational impact.

Data-driven assessments and expert trainer guidance create personalized learning experiences that empower employees to excel.



How Personalization Works



Built-in Skills Assessment

We pinpoint each learner's skill level (Foundational, Intermediate, Advanced, Expert) to ensure they start in the right place.



Targeted Curriculum

Learning is tailored to specific roles (New Manager, Manager, Individual Contributor) for maximum relevance.



Real World Application

Expert trainers use scenarios and simulations relevant to each learner's industry and work environment, ensuring immediate on-the-job application.



Building Strong Team Dynamics

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to build trust, resolve conflict, and drive results. This session provides learners with effective communication strategies, conflict resolution techniques, and team-building exercises to foster collaboration, trust, and mutual respect. Improving team dynamics leads to enhanced problem-solving and a more positive work environment.



Skills Learned:

- Teamwork
- Collaboration
- Trust-Building
- Communication Within a Team

Business Acumen

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn the strategic thinking and financial literacy skills needed to drive impactful business decisions. Participants will learn to analyze financial data to suggest solutions, critically assess interdepartmental impact, and develop a unique, data-driven decision-making process. Developing business acumen empowers employees to contribute to stronger business outcomes and achieve organizational goals.



Skills Learned:

- Risk Assessment
- Risk Management
- Systems Thinking
- Analytical Thinking
- Critical Thinking
- Communication
- Strategic Alignment

Coaching and Feedback

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to become an effective coach and mentor. This session provides practical tools and techniques for delivering constructive feedback, setting clear expectations, and inspiring growth. Developing coaching and feedback skills creates a culture of continuous improvement and stronger, productive teams.



Skills Learned:

- Coaching
- Mentoring
- Leadership
- Feedback Techniques
- Active Listening

Conflict Resolution and Management

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to effectively navigate and resolve workplace conflicts. This session provides the skills and strategies to identify, manage, and resolve workplace conflicts at various levels of complexity. From understanding the root causes of conflict to applying advanced negotiation and mediation techniques, learners gain the tools to foster a more harmonious and productive work environment.



Skills Learned:

- Conflict Resolution
- Collaboration
- Leadership
- Emotional Intelligence
- Mediation
- Negotiation
- Communication

Creative Thinking and Innovation

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to ideate, brainstorm, and implement creative solutions. This session empowers learners to think outside the box, generate innovative ideas, and solve complex problems. Developing a creative mindset fosters a culture that can adapt to change, seize opportunities, and contribute to the development of groundbreaking solutions.



Skills Learned:

- Ideation
- Brainstorming
- Problem Solving
- Design Thinking

Critical Thinking

Personalized For:

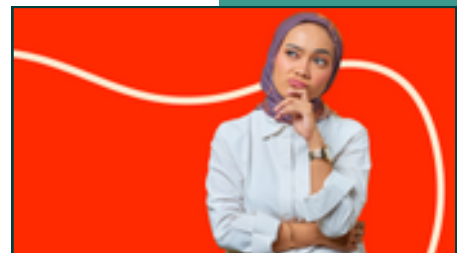
Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to navigate complex challenges and drive innovation. This session equips learners with the tools to think critically, analyze information, and solve problems effectively. By developing strong critical thinking skills, your organization will be better equipped to make informed decisions, innovate, and excel in a competitive market.



Skills Learned:

- Analytical Reasoning
- Evaluation of Evidence
- Inference
- Logical Reasoning
- Problem Solving

Effective Communication

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to communicate with clarity and impact. This session provides the communication skills and strategies to build stronger relationships, enhance collaboration, and achieve your goals. By mastering effective communication, your organization will improve team collaboration, enhance productivity, and elevate its overall performance.



Skills Learned:

- Active Listening
- Empathy
- Verbal Communication
- Non-Verbal Communication

Elevate Emotional Intelligence

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to enhance your relationships and drive success. This session provides practical tools and techniques for navigating challenging situations with empathy and understanding. By developing emotional intelligence, your organization will improve employee engagement, foster a positive work culture, and drive overall business performance.



Skills Learned:

- Self-Awareness
- Social Awareness
- Empathy
- Relationship Management
- Emotional Awareness
- Emotional Intelligence

Empathy and Compassion at Work

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to build stronger connections and foster a positive workplace culture. This session provides learners with essential interpersonal skills to foster stronger relationships, improve communication, and create a more positive work environment. By investing in empathy and compassion training, you'll empower your workforce to thrive and contribute to a more humane and productive organization.



Skills Learned:

- Emotional Awareness
- Emotional Intelligence
- Empathy
- Perspective-Taking

Executive Presence

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to command respect, inspire confidence and drive results. This session empowers learners to project confidence, authority, and influence in every interaction. By developing executive presence, you'll enhance leadership abilities, boost team morale, and build stronger client relationships that drive organizational success.



Skills Learned:

- Trustworthiness
- Authenticity
- Communication
- Confidence
- Gravitas
- Credibility
- Leadership through Influence

Develop a Culture of Inclusion

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to create a more inclusive and equitable workplace. This session empowers learners to build a culture of inclusion where everyone feels valued, respected, and empowered. By developing a deeper understanding of diversity and inclusion, you'll improve team dynamics, enhance organizational performance, and create a more positive and productive workplace.



Skills Learned:

- Diversity Awareness
- Cultural Sensitivity
- Empathy
- Cultural Competence
- Intercultural Sensitivity

Digital Leadership

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Master the essential skills to lead and inspire in the digital age, from leveraging technology to fostering innovation and managing digital fatigue. Learners will engage in practical exercises and discussions to develop digital literacy, adaptability, and empathy. Effective digital leadership empowers organizations to navigate change, drive innovation, and achieve sustainable success in the modern workplace.



Skills Learned:

- Adaptability
- Digital Literacy
- Vision Setting
- Critical Thinking
- Creativity and Innovation
- Learning Agility
- Strategic Alignment
- Change Management

Foster Collaboration

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to leverage diverse perspectives and align efforts to achieve shared objectives. This session provides practical tools and techniques for co-creation, shared decision-making, and navigating complex team interactions. By developing the skills to collaborate, you'll improve team alignment, accelerate innovation, and drive your organization's success.



Skills Learned:

- Collaboration
- Cooperation
- Teamwork
- Shared Goals and Responsibilities

Interviewing with Impact

Personalized For:

Managers | New Managers | Individual Contributors

*One Skill Level

Format: 1:1 Trainer-led

Length: 90-minutes

Master the art of hiring. This session equips learners with the skills to conduct effective and insightful interviews. Participants learn how to craft insightful questions, actively listen, and evaluate candidates objectively. By mastering these skills, you'll ensure a fair and efficient hiring process, leading to the selection of the best candidates for your team.



Skills Learned:

- Verbal Communication
- Questioning Techniques
- Active Listening
- Bias Mitigation
- Candidate Fit Evaluation

Leadership Essentials

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Develop the skills to lead with confidence and drive impact. This session provides the foundational tools to make decisive decisions, think strategically, inspire teams, and uphold the highest ethical standards. Developing leadership abilities fosters a positive work culture, drives innovation, and empowers teams to achieve collaborative success.



Skills Learned:

- Decisiveness
- Strategic Thinking
- Accountability
- Integrity and humility
- Leadership Styles
- Inspirational Leadership

Leading Difficult Conversations

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to navigate challenging conversations with confidence. This session provides advanced techniques to address challenges with empathy, respect, and a focus on positive outcomes. Effective communication fosters a more positive and productive work environment with stronger relationships and a more inclusive culture.



Skills Learned:

- Active Listening
- Conflict Resolution
- Emotional Intelligence
- Empathy
- Inclusive Leadership
- Relationship Management
- Verbal and Non-Verbal Communication

Leading Other Leaders

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn and actively apply sophisticated coaching, interpersonal dexterity, and strategic alignment techniques to foster cohesion and drive collective commitment. Leading Other Leaders enables a highly effective and unified leadership front, significantly enhancing organizational impact and navigating complex challenges with greater agility.



Skills Learned:

- Empowerment
- Strategic Alignment
- Strategic Delegation
- Influencing and Persuading
- Conflict Resolution

Managing Change

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to navigate change with confidence. This session empowers learners with the skills to build resilience and implement strategies that minimize disruption and maximize productivity. By mastering change management, you'll empower teams to embrace change, overcome challenges, and drive organizational success.



Skills Learned:

- Resilience
- Flexibility
- Adaptability
- Change Management

Managing Stress in the Workplace

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to thrive in high-pressure environments. This session equips learners with the essential skills to manage stress, enhance well-being, and improve performance. By mastering effective coping strategies, mindfulness techniques, and self-care practices, you'll boost productivity, strengthen relationships, and create a more positive work environment.



Skills Learned:

- Adaptability
- Stress Management
- Coping Strategies
- Self-Regulation

Maximizing the Impact of 1:1 Conversations

Personalized For:

Managers | New Managers | Individual Contributors

*One Skill Level

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to transform 1:1s into powerful tools for connection, development, and driving performance. Learners will practice building trust, using emotional intelligence, and delivering actionable feedback. Effective 1-on-1s foster stronger relationships, boost engagement, and improve overall team performance within organizations.



Skills Learned:

- Feedback
- Mentoring
- Perspective Taking
- Trustworthiness
- Relationship Management
- Questioning Techniques

Motivating People for Performance

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn to master the art of motivation. This session equips learners with the skills to inspire and motivate teams. Through learning how to set clear goals and provide effective feedback, you'll create a positive work environment that achieves outstanding results.



Skills Learned:

- Motivation
- Leadership
- Vision Setting
- Teamwork

Negotiation and Influence

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to achieve mutually beneficial outcomes and build stronger relationships through effective negotiation and influence. Learners will practice active listening, persuasive communication, and ethical negotiation strategies. These skills empower organizations to resolve conflicts effectively, foster collaboration, and drive positive business results.



Skills Learned:

- Collaboration
- Communication
- Perspective Taking
- Active Listening
- Conflict Resolution
- Credibility and Trustworthiness

Public Speaking

Personalized For:

Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to deliver impactful presentations in a variety of professional scenarios. This session breaks down the skills and techniques to engage audiences, communicate ideas effectively, and deliver compelling messages in a variety of workplace settings. Effective public speaking enables professionals to enhance their confidence, credibility, and connection, which strengthens their influence and impact across the organization.



Skills Learned:

- Public Speaking
- Storytelling
- Persuasion
- Confidence
- Gravitas
- Credibility

Problem-Solving

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to effectively address complex challenges and propose innovative solutions. This session provides the skills and strategies to analyze data, think critically, and develop creative solutions. By mastering problem-solving skills, your team will make informed decisions, improve efficiency, and achieve organizational goals.



Skills Learned:

- Problem Analysis
- Analytical Thinking
- Decision-Making
- Data Analysis
- Problem Solving Through Creativity

Productivity and Organizational Skills

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to maximize efficiency and achieve goals. This session provides practical frameworks for time management, prioritization strategies and project management skills to help individuals stay organized, focused, and productive. Developing productivity techniques helps organizations streamline workflows, reduce stress and achieve more with less.



Skills Learned:

- Productivity Techniques
- Task Delegation
- Time Management
- Project Management
- Collaboration

Resilience Leadership

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to navigate challenges while maintaining a positive outlook. This session provides the essential skills to build resilience, foster optimism, and inspire teams to overcome adversity. By prioritizing resiliency, you'll enhance employee well-being, improve productivity, and foster a more resilient and adaptable organization.



Skills Learned:

- Perseverance
- Resilience
- Optimism
- Adaptation to Change

Servant Leadership

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to cultivate a people-first approach, emphasizing ethical stewardship, empathy, and self-awareness to build strong, trusting communities. Learners will actively apply strategies for psychological safety, ethical influence, and balancing business objectives with a deep commitment to their team's growth. The result is a culture of enhanced employee engagement, sustainable development, and high performance, fostering long-term organizational success.



Skills Learned:

- Stewardship
- Building Community
- Commitment to People
- Ethical Influence
- Psychological Safety
- Self-awareness
- Empathy

Storytelling and Persuasion

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led **Length:** 90-minutes

Learn how to use storytelling and persuasion to connect and inspire action. This session breaks down the techniques for organizing ideas, constructing persuasive arguments, and adapting messages for different audiences. Effective storytelling and persuasion equip professionals to build stronger connections, influence outcomes, and lead conversations that matter.



Skills Learned:

- Authenticity
- Confidence
- Inspirational Leadership
- Persuasion
- Storytelling
- Trustworthiness

Strategic Decision-Making

Personalized For:

Managers | New Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to make informed, data-driven, and ethical decisions that align with organizational goals. This sessions provides the skills and techniques to identify problems, assess risks, and develop effective solutions. A focus on strategic decision-making cultivates a more agile and resilient organization, capable of navigating complexity and sizing opportunities.



Skills Learned:

- Problem Identification
- Data-Driven Decision-Making
- Risk Assessment
- Ethical Decisions
- Problem-Solving

Succession Planning I

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn to analyze organizational goals to define key leadership competencies, identify critical roles, assess and select potential successors, gather stakeholder feedback on readiness, and build a draft succession plan with development recommendations. Part one of a two-part series.



Skills Learned:

- Data Analysis
- Empowering and Developing Leaders
- Problem Analysis
- Strategic Alignment
- Influence
- Prioritization
- Coaching and Mentoring

Succession Planning II

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn to implement and sustain effective succession systems. This session helps leaders turn succession strategy into action. You'll learn how to apply behavior-based coaching, track measurable readiness metrics, and establish review cadences that drive accountability and growth. Succession leadership enables organizations to strengthen their internal pipeline and ensure every successor is ready to meet future challenges. Part two of a two-part series.



Skills Learned:

- Building Trust
- Coaching and Mentoring
- Data Analysis
- Empowering and Developing Leaders
- Influence
- Prioritization
- Problem Analysis
- Relationship Management

Systems Leadership

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to lead effectively in complex systems. This session breaks down the skills and techniques to navigate and influence complex organizational systems to drive strategic alignment, foster innovation and achieve organizational goals. Systems leadership enables leaders to improve efficiency and achieve strategic goals that benefit the entire organization.



Skills Learned:

- Systems Thinking
- Collaborative Leadership
- Strategic Alignment
- Continuous Improvement
- Coalition building

Time Management

Personalized For:

Managers | Individual Contributors

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Learn how to set realistic goals, overcome procrastination, and create a structured approach to your work. By equipping employees with effective time management techniques, this session contributes to increased organizational efficiency, improved project deadlines, and a more productive and successful workplace.



Skills Learned:

- Prioritization
- Decision Making
- Goal Setting
- Task Organization
- Procrastination Management

Transformational Leadership

Personalized For:

Managers

Skill Levels:

Foundational | Intermediate | Advanced | Expert

Format: 1:1 Trainer-led

Length: 90-minutes

Master the art of inspiring and empowering teams to achieve extraordinary results. This session equips managers to become transformational leaders, fostering innovation and driving positive change within your organization. Organizations with transformational leaders experience increased engagement, higher trust, and improved team performance, driving significant business impact.



Skills Learned:

- Inspiration
- Coaching and Mentoring
- Creativity and Innovation
- Credibility and Trustworthiness
- Empowerment
- Ethical Leadership
- Persuasion
- Problem Solving
- Storytelling

Peer Reinforcement Sessions

Format: Group, Trainer-Led
3-20 participants

Length: 60-minutes

Peer Reinforcement Sessions are designed to reinforce the skills learners develop in their 1:1 training. Participants come from various roles and placement levels within their organizations but share a common skill focus.

During the session, the trainer guides the group through conversations and activities while empowering learners to be the primary contributors. This format fosters peer accountability and reinforces the practical, real-world application of skills in a collaborative environment.



Why add peer sessions?

- **Deepen Learning:** Reinforce skills through real-time reflection and discussion.
- **Boost Impact:** Strengthen the effectiveness of 1:1 training with shared strategies and fresh perspectives.
- **Scale collaboration:** Foster a culture of learning and connection.

NEW Coaching Support

Format: 1:1 Trainer-Led

Length: 60-minutes



Coaching sessions are Bundle's premium add-on service that give learners trainer-led guidance between their 1:1 skill sessions. Each session is driven by the learner's current priorities and challenges, helping them apply new skills to real situations as they arise. Coaching bridges the gap between structured learning and day-to-day performance, providing **flexible, personalized support** that strengthens skill application and measurable behavior change.

bundle

bundleskills.com