PRACTICAL DEVELOPMENT

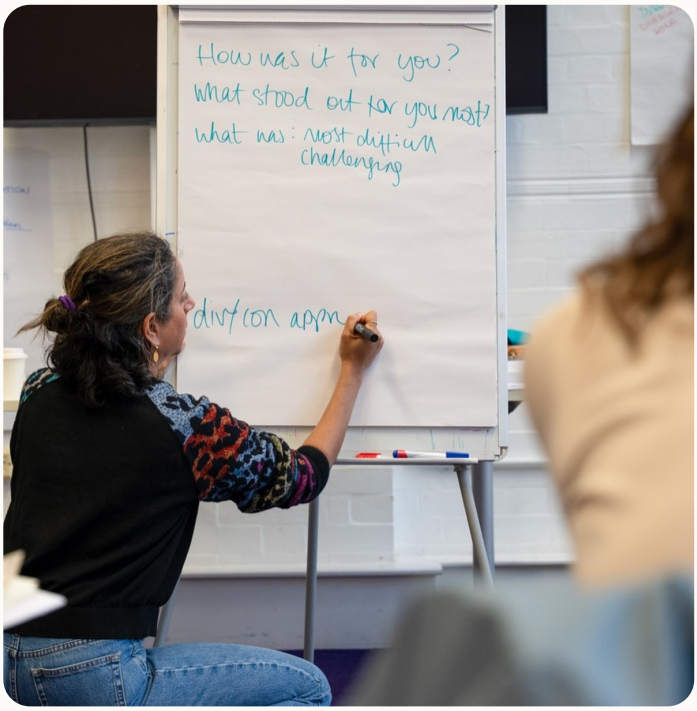
Skills Sessions

Practical, interactive online sessions for times of change, transition, development and leadership stretch.

ONLINE ON ZOOM

60 or 120 minutes

Recommended group size: 8-16



In the room: facilitating a leadership workshop, London 2026.

DESIGNED FOR USEFUL ACTION

Skills Sessions are practical, interactive online sessions designed to create reflection, discussion and action on topics that are relevant during times of change, transition, development and leadership stretch.

They are grounded in useful theory, but not theory-heavy, and are designed to be accessible and adaptable to the level of the group.

Interactivity may include individual and group exercises, reflection journaling, facilitated discussion, breakout rooms and peer exchange. Attendees are invited to bring their own experiences and learn with and from each other.

INVESTMENT

60 minutes online - from £750 + VAT

120 minutes online - from £1,200 + VAT

Longer sessions allow more time for practice, discussion and deeper personalised application.

Prices are for existing online sessions with light tailoring. Bespoke design, repeat delivery, larger cohorts or additional stakeholder calls can be quoted separately.

Organisations outside the UK can be invoiced in EUR or USD equivalent.

DELIVERED AT

VORTEXA · S&P Global · Sainsbury's · Walker Sands · ethos farm

THEMES & SESSION TOPICS

Choose the conversation your people need.

Every session is accessible, adaptable to the level of the group, and designed to turn reflection into practical action.

Navigating change and transition

These topics are designed to help people have a sense of agency in managing themselves and the impact they have on their careers and those around them during times of change and ambiguity.

Excelling through Change

A practical session to help people understand their own response to change and identify strategies to stay effective, engaged and proactive through uncertainty.

Resilience on the Day Job

A reflective and practical session to help people understand how they respond to workplace pressure and build everyday resilience in realistic, sustainable ways.

Own Your Career Development

A session to help people recognise their own agency in their career development, even during organisational change, and identify practical ways to create progression and possibility.

Leadership and people conversations

These topics support managers, leaders and high-potential talent through the human and relational side of work.

More Effective Career Conversations

A practical session for line managers to build confidence, structure and a coaching approach in career conversations, including the more difficult ones.

Confidence rated 4 or 5 out of 5: 44% pre-session to 98% post-session.

Feedback Better

A session to help managers see feedback as an opportunity for development, and build confidence using practical tools to give feedback more clearly and constructively, with a chance to practice in longer sessions.

Early Intervention & Feedback

A session to help managers recognise when earlier intervention is needed and take proportionate action before performance or behavioural issues escalate into more formal procedures.

Executive Presence

A session to help people understand what executive presence means in practice, reflect on how they currently show up, and identify actions to increase their impact.

Influence, stakeholders and communication

These topics give people an opportunity to learn more about how to manage key business relationships with a focus on communication.

Influence without Authority

A session to help people build trust, credibility and shared ownership when they need to influence outcomes without relying on formal authority.

Stakeholder Relationships & Management

A practical session to help people map key stakeholder relationships, examine assumptions, and design a more intentional approach to engagement.

67% pre-session to 93% post-session agreeing or strongly agreeing they understood how to create more effective stakeholder relationships.

Navigating Resistance Effectively

A session to help people understand resistance as useful information, manage their own response, and engage resistant stakeholders with more confidence and care.

43% pre-session to 100% post-session agreeing or strongly agreeing they understood how to navigate resistance more effectively.

Shaping Your Storytelling

A session to help people use storytelling, structure and data more effectively to communicate ideas with clarity, relevance and impact.

42% pre-session to 93% post-session agreeing they would take action to use business storytelling at work.

* Based on pre- and post-session attendee self-ratings from previous deliveries.

NEXT STEP

Let's find the right session for your people.

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