



Sessions

INSTANTLY USEFUL SKILLS,
IN A SINGLE SESSION

SWAY



Make Real Impact. **Real Fast.**

Sessions are SWAY's workshops and programs, unbundled

Solve a **unique** problem with a **custom** approach to learning



STEP 1

Define Your Learning Goal

What **change** you are you looking to drive?

What **new** behaviors do you need to see?

How would these new behaviors **impact** your business?



STEP 2

Choose your Session(s)

Pick one or a combination of 60m sessions to reach your unique learning goal

**THE
EMPATHY
ADVANTAGE**

Build better
relationships @
work using
empathy

**TRUST
IS
TANGIBLE**

Build social &
reputational
capital @ work
using trust

**THE
RESILIENT
MINDSET**

See change as
an opportunity,
not a threat

**YOUR
PERSONAL
RESPONSIBILITY**

Develop an
empowered sense
of self-awareness
and self-motivation

**MEET LESS,
DO MORE**

Gain time back
in your day with
async workflows

**COMMS
ARE YOUR
SUPERPOWER**

Get
context-rich
information,
at speed

**A CULTURE
OF
CONNECTION**

Establish the habits
& norms of behavior
that connect high-
performing teams

**LEADING
TEAMS
THAT FLEX**

Develop new
leadership
capabilities to
engage & motivate

STEP 3

Let's Talk

Let's chat about designing a SWAY learning program using Sessions for your organization

Flexible pricing to meet your L&D budget

[BOOK A 15 MINUTE CALL](#)

Cultivating a **curious mindset** in the busy professional

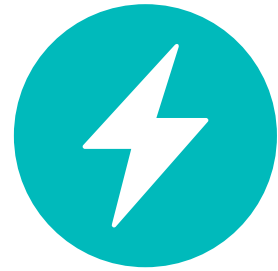
DENISE BROUDER

Founder &
Head of Data & Insights



ABOUT SESSIONS

Sessions are...



Energizing

High impact in a short,
fun & engaging
60m session



Human

Taught live by skilled
facilitators using behavioral
science techniques &
peer to peer learning



Instantly Useful

Learners apply
playbook activities
in their workflow
as we learn

Virtual delivery only. Capped at 30 learners.



Our experience working with SWAY was engaging, supportive, thoughtful... each step laid out, planned, and implemented with a lens of curiosity and compassion. The playbook is an exceedingly useful tool for anyone seeking to go beyond adapting, but excelling in hybrid work.”

KATHRYN HANLING

Office of Intramural Management

National Institute of Health

THE FUTURE IS MORE CERTAIN WITH

SWAY

