

CORPORATE WORKSHOPS

— OUTCOME-LED TRAINING

TEAMS LEAVE WITH USABLE LANGUAGE, REPEATABLE MEETING HABITS, AND CLEARER COMMUNICATION UNDER PRESSURE.

What you can book

- 1 hr, 2 hr, or 3 hr workshops delivered in-person in Vancouver or virtually anywhere in Canada.
- Hybrid-ready delivery with high-energy, low-cringe participation (no forced vulnerability).
- Optional toolkits for ongoing reinforcement and manager enablement.

Workshop menu

 Clear Communication Under Pressure <i>faster alignment, clearer decisions</i>	 Feedback Without the Fear <i>direct, respectful, actionable feedback</i>	 Better Meetings: Facilitation Skills for Managers <i>shorter meetings, clearer owners</i>	 Collaboration & Trust for Cross-Functional Teams <i>smoother handoffs, less friction</i>	 Leadership Presence and Influence <i>calm and clear leadership communication</i>	 Presentation Skills for Modern Teams <i>structure & confident delivery</i>	 Customer Conversations & Service Recovery <i>de-escalation & trust</i>	 Change & Resilience: Adaptability Training <i>alignment during uncertainty</i>
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Pricing (in \$CAD, before tax)

Delivery	1 Hour	2 Hours	3 Hours
Virtual (Vancouver + Canada-wide)	\$750.00	\$1,250.00	\$1,750.00
In-Person (Vancouver, Metro Vancouver)	\$1,500.00	\$2,250.00	\$3,250.00

Capacity guidance: Up to 25 participants per facilitator is ideal. For groups between 26-60 people, add \$750.00-\$1,250.00 (2nd facilitator recommended). For groups more than 61 people we offer quotes with multi-facilitator delivery.

What's included

- Pre-session intake to align on goals, audience, and real scenarios your team faces.
- Facilitated practice using applied Improv techniques, plus clear takeaways and language.
- Post-session summary with 3-5 repeatable habits and next-step recommendations.

Add-ons

• Measurement (pulse pre + post + summary)	\$750.00
• 30-day reinforcement session (60-90min)	\$900.00-\$1,500.00
• Extra facilitator (format dependent)	\$750.00-\$1,250.00/session
• Manager Meeting Kit & Feedback Scripts Pack (included in 2+ hours pack)	\$250.00-\$500.00

Next step: request a quote through our website.

Quotes are typically delivered within 2 business days.