

# WORKSHOP MENU

BUILT FOR TEAMS OPERATING UNDER SUSTAINED PRESSURE

## PICK YOUR PROBLEM. WE'LL CUSTOMIZE THE SOLUTION.

**These are working sessions, not presentations.** Your team builds tools and operating rules you'll use next week.

- "Everything is urgent" **Urgency Reset**
- "Communication breaks down" **Speak Clearly**
- "Managers are fried" **Manager Capacity**
- "Meetings eating the week" **Meeting Recovery**
- "We can't decide" **Decide Cleanly**
- "Commitments slip" **Execution Integrity**
- "People are burning out" **Energy Recovery**
- "Culture feels off" **Culture Standards Reset**

## STEP 1: CHOOSE YOUR WORKSHOP FOCUS

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| <p><b>URGENCY RESET</b></p> <p>Stop the constant fire-drills. Map pressure sources, separate true urgent from loud urgent, install urgency rules.</p> | <p><b>DECIDE CLEANLY</b></p> <p>End decision loops. Build a decision filter, clarify ownership, stop second-guessing.</p>                      |
| <p><b>SPEAK CLEARLY UNDER PRESSURE</b></p> <p>Reduce communication misfires. Practice de-escalation, make clean asks, fix misreads fast.</p>          | <p><b>EXECUTION INTEGRITY</b></p> <p>Stop commitments from slipping. Define "done," install update standards, build accountability rhythm.</p> |
| <p><b>MANAGER CAPACITY PROTOCOL</b></p> <p>Lead without breaking. Daily capacity checks, boundary phrases, stress-handling skills.</p>                | <p><b>ENERGY RECOVERY SYSTEM</b></p> <p>High output, lower cost. Desk resets, workday recovery rules, energy audits.</p>                       |
| <p><b>MEETING RECOVERY SYSTEM</b></p> <p>Get time back. Meeting rules with decision ownership, response standards, focus protection protocol.</p>     | <p><b>CULTURE STANDARDS RESET</b></p> <p>Rebuild trust and operating principles. Clarify how you work under pressure, lock in behaviors.</p>   |

## STEP 2: CHOOSE YOUR FORMAT

**Workshop content scales to match the time you choose. 60 min:** get clear on what's driving the problem. **90 min:** practice the fix + set simple team rules. **Half/Full-Day (in-person):** install new ways of working that actually stick. **Most popular starting point: 90 minutes.**

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| <p><b>60 MINUTES</b>      <b>\$3,000</b></p> <p><b>Up to 10 participants</b><br/><b>Virtual or in-person</b> (NYC Metro)</p> <p><b>Best for:</b> scoped diagnostic + one clear reset<br/><b>Includes:</b> YCP overview + <b>deep dive on 1 step</b> + quick-reference guide.</p>   | <p><b>90 MINUTES</b>      <b>\$4,000</b></p> <p><b>Up to 10 participants</b><br/><b>Virtual or in-person</b> (NYC Metro)</p> <p><b>Best for:</b> real practice + stronger buy-in<br/><b>Includes:</b> YCP overview + <b>deep dive on 2 steps</b> + live practice with real scenarios.</p>   | <p><b>4-PART SERIES</b>      <b>\$15,000</b></p> <p><b>Up to 10 participants. Virtual or hybrid available</b> (4 x 60-min sessions)</p> <p><b>Best for:</b> behavior change that actually sticks<br/><b>Includes:</b> one YCP step per session + between-session practice + sustained embedding</p> |
| <p><b>HALF-DAY</b>      <b>\$8,000</b></p> <p><b>Up to 15 participants for 3-4 hours</b><br/><b>In-person only</b> (NYC metro travel included; outside NYC billed at cost)</p> <p><b>Best for:</b> team alignment + immediate application<br/><b>Includes:</b> full YCP training + <b>deep practice (Steps 1-3)</b> + team application + individual commitments.</p> | <p><b>FULL-DAY</b>      <b>\$12,000</b></p> <p><b>Up to 20 participants for 6-8 hours</b><br/><b>In-person only</b> (Best impact at 12-15; up to 20 available for scaled delivery)</p> <p><b>Best for:</b> system install that holds under pressure and <b>reduces rework.</b><br/><b>Includes:</b> operating norms + enforcement rules + 30-day implementation plan.</p> |   |
| <p><b>VIP INTENSIVE</b>      <b>\$6,500</b></p> <p><b>6 hours + 30-day support</b><br/><b>In-person</b></p> <p><b>Best for:</b> high-stakes decisions + personal clarity fast (<i>private session</i>).<br/><b>Includes:</b> deep-dive problem solving + customized action plan + 2 follow-up check-ins.</p>   | <p><b>CUSTOM FACILITATION DAY</b>      <b>\$12,000</b></p> <p><b>In-person</b></p> <p><b>Best for:</b> planning sessions, offsites, leadership alignment<br/><b>Includes:</b> custom agenda design + pre-session planning + post-session summary<br/><b>Note:</b> This is custom facilitation (not YCP training).</p>   |   |

Travel outside NYC billed at cost. (See Appendix.)

## HOW WORKSHOPS WORK

**Every session ends with tools your team can use that same day.**

Every workshop uses the **Your Clearest Path (YCP) framework:** a 5-step sequence designed to build capacity under sustained pressure.

**Identify → Stabilize → Decide → Protect → Sustain**

**Half-day is a targeted fix. Full-day is an install.** If you want new norms to stick under pressure, full-day is the move.

Workshop group sizes are intentionally small (8-15 people) to ensure everyone gets direct coaching on their specific pressure points. For larger teams, we design scaled formats or run multiple cohorts. For 25+ leaders, we typically run **two cohorts** for quality.

In-person delivery (NYC metro) included for all formats. Virtual options available for 60 min, 90 min, and series formats (no travel costs). **In-person recommended for maximum impact.**

**Common next step:** 30-day check-in to confirm what's holding and adjust what isn't. Additional support available: follow-up office hours, manager toolkit.

## HOW WORKSHOPS WORK

Tangible, workshop-specific tools designed for immediate application. Every session includes quick-reference guides, practice exercises, and action-ready frameworks your team can implement that same week.

## WHAT HAPPENS NEXT

Click below to submit an inquiry. You'll share what you need (workshop, coaching, or partnership) and preferred timing. We'll follow up with next steps.

[Submit Your Inquiry](#)