



wolf & heron

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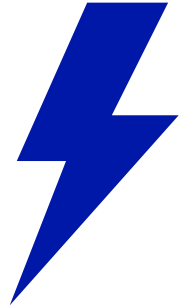
# OneHour Workshops

Laser-focused, one-hour, virtual  
skill-building opportunities  
for managers and rising leaders.

# The *OneHour* Promise

*OneHour Workshops* are live, interactive learning experiences that make it easy to build leadership skills without taking people away from their work.

Each session blends conversation, practice, and reflection around real workplace challenges. Participants leave energized and ready to apply what they've learned right away.



## Audience

- > Managers and rising leaders
- > Professionals building coaching, communication, and leadership skills



## Format

- > 60 minutes, live and highly interactive
- > Hosted on Zoom or Google Meet
- > Designed for engagement and conversation
- > Includes a summary of key takeaways
- > Light customization available



Only \$2500 / *OneHour* Delivery

## Included Every Time



- > Explore critical leadership skills
- > Practice in small-group environment
- > Coaching and real-time feedback
- > Immediate application

## The *OneHour* Difference



*OneHour Workshops* combine focus with impact. Every session feels alive, relevant, and results-oriented, leaving participants saying, **"I can actually use this tomorrow."**

# The Experience



Every *OneHour Workshop* is built for active participation, not passive learning.

In sixty minutes, participants explore a key leadership skill, connect with peers, and practice in real time so they can apply what they learn immediately.

## A LOOK INSIDE

### Powerful Questions

The right question at the right moment can change everything.

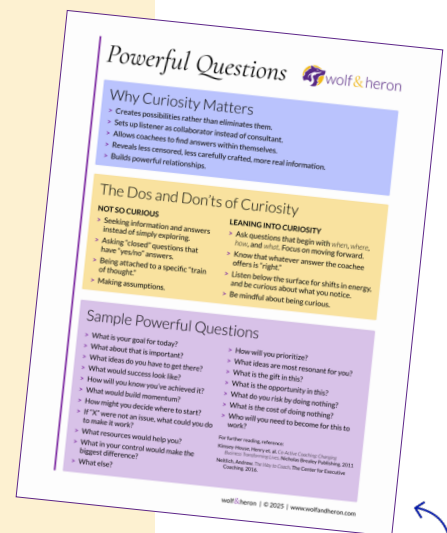
In *Powerful Questions*, participants discover why curiosity is a leadership superpower, learn how to craft questions that spark insight, and practice using them in small groups.

They leave ready to lead with curiosity instead of advice and watch both the quality of their conversations and their influence grow.

“*Powerful Questions* is super condensed and immediately actionable. This should be a mandatory module for all.

— Lead Product Manager

| Time   | Focus                           | Experience  |
|--------|---------------------------------|---|
| 05 min | Welcome and Framing             | Participants explore why curiosity matters and when to practice it.   |
| 10 min | Explore the concept             | The facilitator introduces what makes a question powerful.  |
| 10 min | Stretch into the skill together | Participants practice crafting powerful questions via scenarios.  |
| 20 min | Practice in a real scenario     | In small groups, participants model a coaching conversation using powerful questions.                               |
| 15 min | Group debrief                   | Participants discuss insights and share what worked. Facilitators share tips on how to address specific challenges. |



Every *OneHour Workshop* includes a summary reference of the concepts explored in the experience.






# Menu of Topics



Build depth in a specific capability or mix and match across concentrations to create a curriculum that strengthens multiple dimensions of leadership and communication at once.

**Invite your team to explore, experiment, and grow—one transformative hour at a time.**

## OneHour Workshop Concentrations

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### Popular!

The yellow outline and star highlight our most popular workshops.



*Very helpful real-world tips and examples. Loved the energy.*

– Technical Product Manager



# Presentations + Storytelling

Transform communication into influence through message, story, and presence.

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## The Influential Communicator Framework

- > Understand the four superpowers of an influential communicator and how/why they elevate clarity and persuasion.
- > Evaluate real communication examples to identify what works and what falls flat.
- > Identify opportunities and recommend ways to improve a message or story.



### Craft a Powerful Message

- > Define clear, audience-centered messages using the Know-Feel-Do framework.
- > Align messaging with desired outcomes for maximum resonance.
- > Structure key points into an effective arc.

## Find the Story to Elevate Your Message

- > Apply a framework to identify key messages to communicate (and which will resonate with your audiences).
- > Explore a set of prompts to identify stories that may bring key messages to life.
- > Identify strategies to tailor stories effectively.



### Land Your Point with Stories

- > Identify story opportunities within presentations and conversations.
- > Use a simple story template to make moments impactful.
- > Workshop real examples to reinforce key takeaways through story.

## Storytelling with Data

- > Discover storytelling strategies to convey key insights.
- > Discuss ways to integrate storytelling into data-heavy presentations.

## Authentic Executive Presence

- > Identify the behaviors of charisma and warmth that inspire people to lean in and listen.
- > Understand the key mistakes that undermine message impact.
- > Practice demonstrating warmth and charisma in small groups.

## Authentic Executive Presence in Virtual Environments

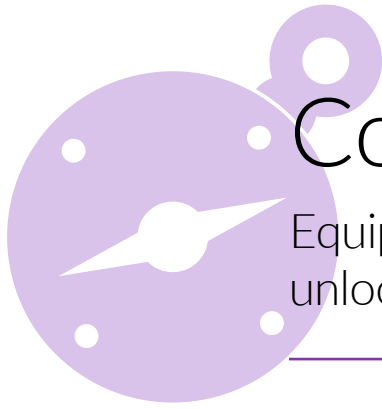
- > Identify the behaviors that signal confidence, warmth, and credibility when you're leading (or attending) virtual meetings.
- > Learn practical techniques for framing, lighting, audio, movement, and eye contact that enhance digital presence.
- > Practice applying virtual presence techniques to show up powerfully on video.

## 5 Key Delivery Techniques of Presentations

- > Explore the difference in importance between what is said and how it's said.
- > Discover key delivery techniques: Pitch, Pace, Pause, Punch, and Projection.
- > Experiment with key delivery techniques.

## Commanding Attention in Virtual Presentations

- > Identify ways audiences are distracted.
- > Explore delivery best practices to command the attention of a virtual room.
- > Practice the concepts with your own meetings and meeting preparation.



# Coaching Skills for Leaders

Equip your leaders with the mindset and tools to unlock potential in others.



## Coaching Conversations 101

- > Understand the role of a coach in supporting others (both formally and informally).
- > Discover the structure of a coaching conversation.
- > Identify coaching moments.
- > Practice coaching conversations in small groups.

### Skill: Deep Listening

- > Uncover the value of deep listening.
- > Explore how to listen like a coach; why it can be hard and how to stay mindful.
- > Practice listening like a coach in small groups.



## Skill: Powerful Questions

- > Discover why curiosity is important for leadership.
- > Identify powerful questions and how to use them to reveal insights.
- > Practice crafting powerful questions in small groups.
- > Brainstorm opportunities to use powerful questions.

### Skill: Intuition

- > Discover how your intuition can help you lead others.
- > Explore how coaches listen to and leverage their intuition.
- > Practice the skills of intuition in small groups.

### Skill: Brainstorming

- > Discover why brainstorming skills matter for a leader.
- > Explore how coaches guide brainstorming conversations.
- > Practice brainstorming like a coach.

### Skill: Drive Action and Learning

- > Understand the Action / Learning Cycle as it relates to professional development.
- > Discover how coaches support the Action / Learning Cycle.
- > Practice driving toward action and learning in small groups.

### When (and How) to Coach vs. Mentor

- > Identify the difference between a coach and a mentor.
- > Explore the contexts in which leaders might embody each role.
- > Discuss when it's best appropriate to advise vs. coach.
- > Discover how to give advice in a way that empowers your employee.



*This session is bite-sized (great!) and still packed with practical tips.*

— Marketing Manager



# People Leadership

Help managers lead with empathy, clarity, and confidence.

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## Maximize the Manager/Employee Check-In

- > Define the purpose of the Manager/Employee check-in.
- > Discuss the symptoms of sub-optimized check-ins.
- > Explore how to approach check-ins strategically.
- > Practice planning for check-ins.



## Lead Through Change

- > Explore the change journey.
- > Understand the challenges of navigating change.
- > Identify the key strategies of leading others through change.

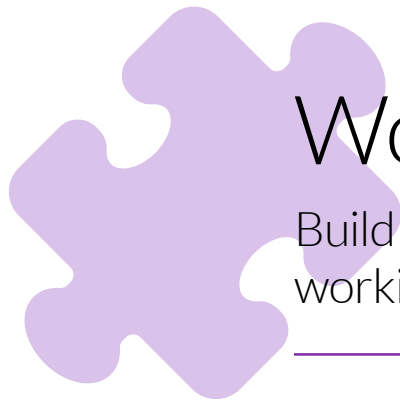
## Effective Feedback Conversations

- > Discuss the real and perceived barriers to feedback conversations.
- > Identify the stages of a feedback conversation from beginning to end.
- > Discover how to integrate powerful questions into feedback conversations.
- > Practice a feedback conversation.



*I really enjoyed this workshop and others in the OneHour Workshops series... Great takeaways I plan to use on a regular basis at work and in life.*

— Product Manager



# Workplace Challenges

Build self-awareness, resilience, and stronger working relationships.

## Navigate Interpersonal Conflict

- > Define what interpersonal conflict is and list its causes.
- > Discover the structure of a conflict resolution conversation.
- > Explore how to prepare for a conflict resolution conversation.
- > Collaboratively prepare for a conflict conversation.

## Manage Up: Design Your Manager Relationship for Success

- > Determine what a successful manager/employee relationship is for you.
- > Explore powerful questions to design the relationship for success.

## Manage Time to Reduce Overwhelm



- > Identify the factors that contribute to overwhelm at work.
- > Explore the Time Management process and its steps: Assess, Organize, Execute.
- > Discover tips and best practices for time management.

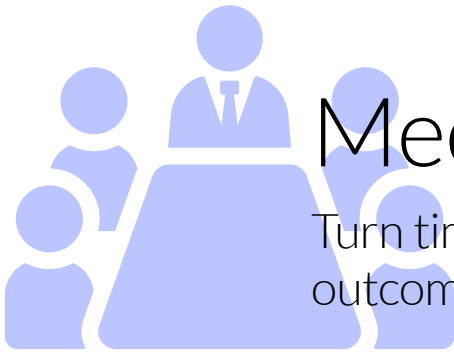
## Ensure Project Success: Balance Taking Initiative and Guidance

- > Discover the Project Success cycle.
- > Discuss the opportunities and challenges of each phase in the cycle.
- > Explore powerful questions that effectively drive feedback conversations.



*The summary one-pager is very helpful to keep and refer to. I appreciate the frameworks provided.*

— Engineer



# Meetings (Th)at Work

Turn time-wasters into energizing, outcome-driven conversations.

## Combat Your Meeting Problem

- > Diagnose your meeting problem.
- > Discover meeting best practices to plan, schedule, lead, and follow up.
- > Decide on new behaviors to explore and experiment with.

## Design Your Agenda with Clear Outcomes in Mind

- > Apply the Know-Feel-Do approach to one of your meetings.
- > Go from Know-Feel-Do to Agenda.
- > Explore best practices of agenda design.

## Driving Interaction and Participation Online

- > Learn the core principles of online engagement and why interaction must be intentionally designed.
- > Explore tools and techniques that spark participation.
- > Prepare for real-time interactions that feel natural, inclusive, and energizing.

*I loved the breakout sessions, it was very helpful to participate in real-life scenarios... learning that could be applied right away in day-to-day tasks.*

”

— Product Manager

“

*I loved how concise this training was. Great info with no excess. The format makes it realistic to attend and stay present, and remember the learnings!*

— Product Strat. & Ops Manager

# Client Appreciation

“

*The OneHour Workshops were a phenomenal success; the short, high-impact format made it easy for even our busiest Engineering Program Managers to integrate essential skill-building into their schedules.*

*Participant engagement was outstanding. Googlers actively practiced and applied the techniques in real-time, which speaks volumes to the facilitators' ability to make complex topics immediately relevant.*

*We received consistently positive feedback highlighting the practicality of the content, which has already led to noticeable improvements in how our teams craft and deliver their core messages.*

— **Kayla Newton**

PgM, T/PgM & PM Steering  
Google



Google

“

*OneHour Workshops check all the boxes for a busy, client-billable team. In 60 minutes you get what the skill is, why it matters, how to do it—and then you practice. The sessions were focused, interactive, and immediately useful.*

— **Ildi Conrad**

Managing Dir. of Learning, Effectiveness, and Engagement  
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# Ready to bring *OneHour Workshops* to your organization?

Let's design a learning journey that fits your goals, your people, and your schedule.

[BOOK A CALL](#)



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