thrive
TRAINING LAB
DEVELOP • GROW • PERFORM



LEADERSHIP · SKILLS · COACHING · EVENTS · CONSULTANCY

Develop your people. Grow their confidence. Unlock their potential.

Practical leadership training, workplace skills and coaching that make a difference beyond the workshop — online and face to face across the UK and Europe.

Maximising Potential Since 2020

thrive-learning-lounge.lovable.app

WELCOME TO THRIVE

A changing world. It starts with your people.

We partner with organisations across the UK and Europe to create engaging, personalised learning experiences. Through real conversations, practical challenges and learning by doing, we help people build the confidence and skills to thrive at work.

We're the training experts. You're the experts in your business. Together, we thrive.

15+
years of business experience

2,000+
people developed across the US, UK, EMEA & APAC

500+
leaders developed across the UK, US & EMEA

Since 2020
maximising people's potential



WHY A LAB? WHY A LOUNGE?

Two spaces. One purpose: your people thriving.

The Training Lab

Group learning that's interactive, practical and energising.

In the Lab your team grasps the idea, tests it on real scenarios, tries it in breakouts, gets feedback and goes again — understanding the concept, then finding a way to apply it to their own world, in a safe space.

- Your team, side by side, learning from the facilitator and each other
- Energetic, practical, with a healthy dose of challenge
- Shared tools, take-away materials and a common language for Monday

The Coaching Lounge

One-to-one coaching that's calm, honest and unhurried.

In the Lounge it's just you: your goals, your pace and your agenda. Talk it through, unpick what's getting in the way and try new thinking on for size — with clear goals agreed from the very first session.

- Personal coaching online or face to face
- The kind of conversation that's rare in a busy week
- Clarity, confidence and a next step that's genuinely yours

FOR HR, L&D AND PEOPLE LEADERS

From skills gap to visible progress.

You're accountable for results, not just a training day. Here's how we diagnose needs, align learning with your business objectives, manage delivery and evaluate impact.

BEFORE

Diagnose and align

- A briefing with your HR, L&D or business sponsors on objectives, culture and the skills gaps you're seeing
- Short pre-work or a survey so content starts where your people are
- Success measures agreed with you before anything is designed

DURING

Deliver and manage

- An agreed plan for dates, format, group sizes and materials — online or face to face
- Small groups built around scenarios from your business
- Sponsor check-ins so the programme stays connected to your priorities

AFTER

Evaluate and embed

- Personal action plans that can be reviewed with each person's line manager
- Optional follow-up coaching, refreshers and a pulse check on behaviour change
- A review with you against the objectives agreed at the start

INCLUDED IN EVERY GROUP COURSE

Learning that's lived, not just listened to.

Interactive, facilitator-led learning
Live, hands-on sessions built around practice and participation.

Group discussions
Shared conversations about real situations, so people learn from each other as well as the facilitator.

Breakout exercises
Small-group practice, role-play and problem-solving, online or in the room.

Take-away materials
Course materials, tools and templates to use back at work.

WHAT HAPPENS NEXT

1. **We read your enquiry**
   A real person reviews what you've shared about your people and goals.
2. **A discovery call**
   We talk through the need, the outcome you want and how you'd like to measure it.
3. **A clear recommendation**
   Suggested courses or a tailored programme, delivery options and From prices — no obligation.

SELECTED CLIENT WORK

TopCashback
Developing people, strengthening skills & supporting performance

Funding Circle
Developing the managers who bring new people up to speed

Indigo Beauty
Building strategic focus, confident leadership & sustainable growth



LEADERSHIP LAB

Leadership that people feel.

Practical leadership and management training, helping new and experienced managers set clear direction, lead change and support their people. Having trained hundreds of leaders across the UK, US and EMEA, we bring an understanding of different teams, cultures and everyday leadership challenges — with space to practise better conversations, grow confidence and develop thoughtful, effective leadership.

WHO IT'S FOR

- First-time managers and team leaders
- Experienced managers and heads of department
- Senior leadership teams
- HR and L&D leaders building a leadership pathway

FLAGSHIP · LEADERS ONLINE LAB

Ten live sessions. One leadership journey.

Two five-session online series for up to eight leaders, each session 2.5 hours, combining shared learning with practical exercises on real workplace challenges.

Pt 1: Elevate Your Leadership Impact

The Modern Leader · Emotional Intelligence in Action · Coaching for High Performance · Influence Without Authority · Creating a Culture of Accountability

From £6,500 per group + VAT

Pt 2: Lead Change. Shape the Future.

Leading Through Change & Uncertainty · Strategic Thinking & Decision-Making · Leading Diverse & Multigenerational Teams · Developing Future Leaders · Leading with Impact & Legacy

From £6,500 per group + VAT

Complete programme (Pt 1 & 2): From £11,750 per group + VAT — Saving £1,250 · 10 sessions · 25 hours

Four Labs inside the Leadership Lab

Leadership Lab

Programmes and workshops on confidence, change, coaching, feedback and high-performing teams.

Diversity Lab

Neurodiversity, inclusive communication, disability awareness and unconscious bias.

New Leader Lab

Short modules for people stepping into their first leadership role. Max 5.

Leadership Refresher Lab

Half-day refreshers for experienced leaders on style, hybrid teams, strategy and talent.

Every leadership course, at a glance.

Starting prices per group, plus VAT unless stated. Full days run 9:30am–5pm; half days are 3.5 hours. Each course has its own page with agenda, outcomes and workplace application.

Leadership Lab

18 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Leaders Online Lab Pt 1: Elevate Your Leadership Impact FLAGSHIP	5 × 2.5-hour online sessions	Max 8	Online only	From £6,500/group
Leaders Online Lab Pt 2: Lead Change. Shape the Future. FLAGSHIP	5 × 2.5-hour online sessions	Max 8	Online only	From £6,500/group
The Modern Leader Lab	2 days	6–8	From £3,500	Price on request
The Art of Thought Leadership	1 day	6–8	From £2,200	Price on request
Leading with Confidence	1 day	6–8	From £1,999	Price on request
Empowering Your Teams	Half day	6–8	Price on request	Price on request
Manager to Coach	Half day	6–8	From £1,250	From £999
Change Leadership	1 day	6–8	From £1,999	From £1,550
Building High-Performing Teams	1 day	6–8	From £1,999	From £1,550
Coaching Skills for Leaders	1 day	6–8	From £1,999	From £1,550
Difficult Conversations	Half day	6–8	From £1,250	From £999
Delegation & Team Ownership	Half day	6–8	Price on request	Price on request
Performance Management	Half day	6–8	From £1,250	From £999
Leadership Cadences	Half day	6–8	From £1,250	From £999
Psychological Safety & Team Trust	Half day	6–8	From £1,250	From £999
Motivating & Engaging Your Team	Half day	6–8	From £1,250	From £999
Recruitment & Interviewing for Leaders	1 day	6–8	From £1,999	Price on request
Presenting with Impact for Leaders	1 day	6–8	From £1,999	Price on request

Diversity Lab

4 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Neurodiversity & Inclusion	1 day	6–8	From £1,999	From £1,550
Communication Differences & Disability Awareness	Half day	6–8	Price on request	Price on request
Inclusive Communication at Work	Half day	6–8	From £999	From £999
Unconscious Bias	Half day	6–8	Online only	From £999

New Leader Lab

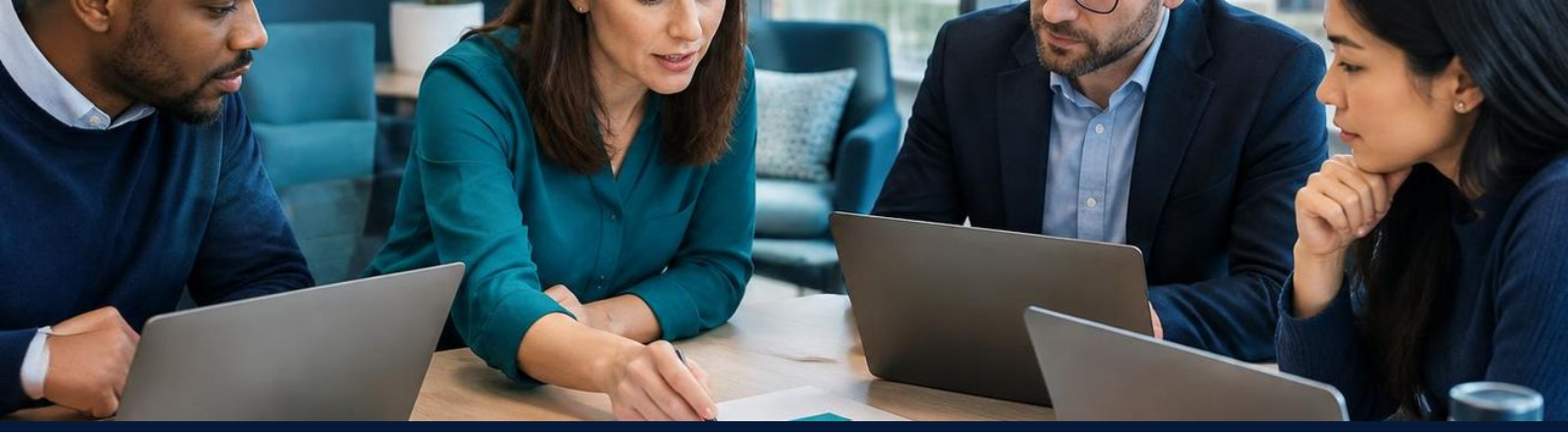
6 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Emerging Leader Academy	5 online sessions or 1 day	Max 5	Price on request	Price on request
From Peer to Leader	2-hour live online module	Max 5	Online only	From £550
Setting Expectations & Delegating	2-hour live online module	Max 5	Online only	From £550
Effective One-to-Ones	2-hour live online module	Max 5	Online only	From £550
Feedback That Lands	2-hour live online module	Max 5	Online only	From £550
Time & Priorities as a Leader	2-hour live online module	Max 5	Online only	From £550

Leadership Refresher Lab

4 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Leading with Purpose: Your Style Revisited	Half day	6–8	From £1,350	From £1,100
Leading Modern & Hybrid Teams	Half day	6–8	From £1,350	From £1,100
Strategic Thinking & Influence	Half day	6–8	From £1,350	From £1,100
Developing Talent & Future Leaders	Half day	6–8	From £1,350	From £1,100



SKILLS LAB

Skills that make the working day better.

Practical workplace training covering AI, communication, influence and personal effectiveness. We work with you to understand your team's goals, then build interactive workshops around the tasks, conversations and challenges they recognise — with useful tools, shared learning and room to grow.

WHO IT'S FOR

- Professionals at every level
- Teams adopting AI tools such as Copilot or ChatGPT
- Customer-facing and support teams
- Graduates and early-career talent

Live online series

FLAGSHIP

AI Online Lab Foundations

Confident, Safe & Productive

3 × 2.5-hour live online sessions · max 8 **From £2,499 per group**

FLAGSHIP

AI Online Lab Advanced

Smarter Workflows. Better Decisions.

3 × 2.5-hour live online sessions · max 8 **From £2,999 per group**

FLAGSHIP

Skills Online Lab Pt 1

Grow, Communicate & Prioritise

3 × 2.5-hour live online sessions · max 6 **From £1,499 per group**

FLAGSHIP

Skills Online Lab Pt 2

Meet, Feed Back & Perform

3 × 2.5-hour live online sessions · max 6 **From £1,499 per group**

CREATE YOUR OWN SKILLS LAB

Pick three topics. We build the day around them.

Choose any three topics from across AI, communication & influence and personal effectiveness, and we shape them into one connected Lab for your team, online or face to face, for up to eight delegates.

LIVE ONLINE

From £1,999 per group

FACE TO FACE

From £2,499 per group

+ VAT · max 8 delegates

Three Labs inside the Skills Lab

AI Skills Lab

Prompting, Copilot and workplace AI tools, productivity, communication and responsible use.

Communication & Influence Lab

Clear messages, meetings, presenting, influencing, feedback, conflict and presence.

Personal Effectiveness & Development Lab

Time, productivity, confidence, resilience, emotional intelligence and career growth.

Every skills course, at a glance.

Starting prices per group, plus VAT unless stated. Full days run 9:30am–5pm; half days are 3.5 hours. Team Building Workshop is delivered face to face only.

AI Skills Lab

8 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
AI Online Lab Foundations: Confident, Safe & Productive FLAGSHIP	3 × 2.5-hour online sessions	Max 8	Online only	From £2,499/group
AI Online Lab Advanced: Smarter Workflows. Better Decisions. FLAGSHIP	3 × 2.5-hour online sessions	Max 8	Online only	From £2,999/group
Prompting for Business Professionals	Half day	6–8	From £1,100	From £899
Microsoft Copilot & Workplace AI Tools	Half day	6–8	From £1,100	From £899
AI Essentials	Half day	6–8	From £1,100	From £899
AI for Productivity	Half day	6–8	From £1,100	From £899
AI for Business Communication	Half day	6–8	From £1,100	From £899
Responsible AI & Managing Risk	Half day	6–8	From £1,100	From £899

Communication & Influence Lab

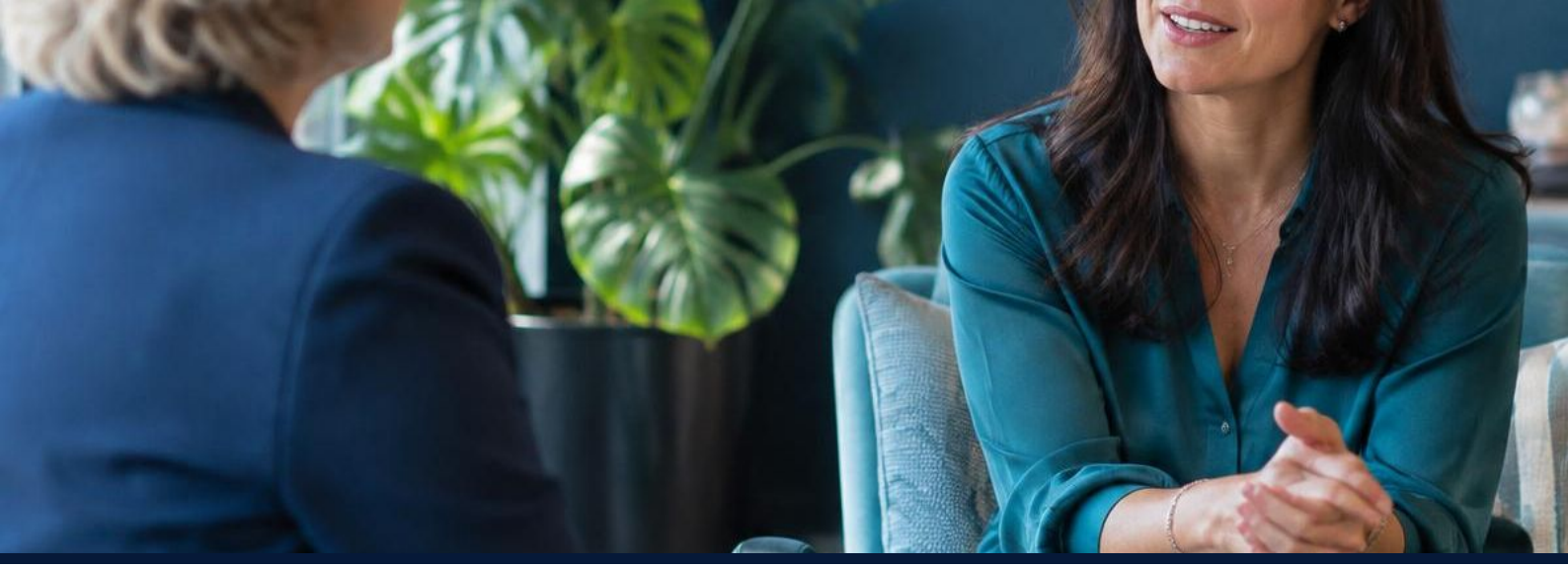
12 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Skills Online Lab Pt 1: Grow, Communicate & Prioritise FLAGSHIP	3 × 2.5-hour online sessions	Max 6	Online only	From £1,499/group
Skills Online Lab Pt 2: Meet, Feed Back & Perform FLAGSHIP	3 × 2.5-hour online sessions	Max 6	Online only	From £1,499/group
Growth Mindset at Work	Half day	6–8	From £1,100	From £899
Effective Workplace Communication	Half day	6–8	From £1,100	From £899
Effective Meetings	Half day	6–8	From £1,100	From £899
Presentation & Public Speaking Skills	1 day workshop	6–8	From £1,499	From £1,300
Influencing & Persuasion	Half day	6–8	From £1,100	From £899
Difficult Conversations & Conflict Resolution	Half day	6–8	From £1,100	From £899
Giving & Receiving Feedback	Half day	6–8	From £1,100	From £899
Team Building Workshop	Half day or full day	6–8	From £1,100	Face to face only
Managing Up & Across	Half day	6–8	From £1,100	From £899
Presence & Impact	Half day	6–8	From £1,100	From £899

Personal Effectiveness & Development Lab

10 courses

COURSE	FORMAT	GROUP	FACE TO FACE	ONLINE
Time Management & Prioritisation	Half day	6–8	From £1,100	From £899
Personal Productivity & Goal Setting	Half day	6–8	From £1,100	From £899
Emotional Intelligence & Self-Awareness	Half day	6–8	From £1,100	From £899
Building Confidence & Assertiveness	Half day	6–8	From £1,100	From £899
Critical Thinking & Problem Solving	Half day	6–8	From £1,100	From £899
Resilience & Managing Change	Half day	6–8	From £1,100	From £899
Community Skills Workshop	Full day (9:30am–5pm)	6–8	From £999/group incl. VAT	From £999/group incl. VAT
Career Development & Owning Your Growth	Full day (9:30am–5pm)	6–8	From £1,999	From £1,550
Building High-Performing Habits	Half day	6–8	From £1,100	From £899
Emotional Intelligence: Building Self-Awareness & Confidence	Half day	6–8	From £1,100	From £899



COACHING LOUNGE

A little space to think.

One-to-one coaching, live online or face to face, built around the individual, their goals and the outcome they want. Every coaching relationship starts by understanding the person: who they are, where they want to get to and what is getting in the way. Together we agree clear goals and a desired outcome, then work through focused sessions that turn insight into action.

WHO IT'S FOR

- Leaders and managers at every level
- High-potential talent and future leaders
- Business owners and founders
- Professionals building confidence and presence

8 lounges to choose from

- Personal Growth Coaching
- Leadership Coaching
- Confidence Coaching
- Resilience & Wellbeing Coaching
- Business Coaching
- Public Speaking Coaching
- Business Owner & Founder Coaching
- Career Transition Coaching

Book in blocks

BLOCK OF 3
From £499
online · 50-minute sessions · + VAT

BLOCK OF 5
From £649
online · 50-minute sessions · + VAT

BLOCK OF 8
From £999
online · 50-minute sessions · + VAT

- Every block includes a 30-minute review at the end to measure progress and agree what comes next.
- Face-to-face coaching is available — pricing on request.
- Flexible timings agreed around you.

EVENTS

Bring your event to life — whether it's 10 people or 1,000.

Leadership offsites, team building, company offsites and conferences. We create interactive content, deliver a speech and bring teams together, shaped around your people and your message.



Leadership offsites

Time away from the day job, spent on what moves the business forward.



Team building

Shared challenges that help people understand how they work together.



Company offsites

Bring the whole business together around one message and one shared experience.



Conferences

Speaking, hosting and interactive sessions for conferences across the UK and Europe.

10–30 PEOPLE

Close and conversational

A leadership team, a department or a project group, with real conversations and time to dig in.

30–150 PEOPLE

A room full of tables

Table discussions, live polls and shared challenges keep every table involved.

150–1,000 PEOPLE

One big shared moment

A keynote that lands with the whole audience and interactive moments from their seats.

LEARNING CONSULTANCY

Where your business is going. What your people need to get there.

We work alongside HR, L&D and business leaders to turn development questions into a clear, practical learning strategy — and to bring the knowledge inside your business to life as learning people want to engage with.

Learning & Development Consultancy

- Training needs analysis
- Learning strategy & 12-month roadmaps
- Capability frameworks
- Programme design aligned with business objectives

Content Creation

- Signature workshops & facilitator packs
- Manager toolkits & workplace resources
- On-brand slide decks with a clear visual story
- Role plays, breakouts and business scenarios

WHERE WE DELIVER

Online and face to face across the UK and Europe.

ACROSS THE UK

London, South East & East of England
London, Reading, Oxford, Cambridge and Milton Keynes

Midlands
Birmingham, Coventry, Nottingham and Leicester

North West, Yorkshire & North East
Manchester, Liverpool, Leeds, Sheffield and Newcastle

South West
Bristol, Bath and Exeter

Scotland
Edinburgh, Glasgow and Aberdeen

Wales & Northern Ireland
Cardiff, Swansea and Belfast

LEADERSHIP DELIVERY IN EUROPE

Paris · Berlin · Copenhagen · Stockholm · Oslo · Amsterdam · Madrid · Lisbon

Face-to-face delivery locations, alongside live online delivery anywhere. These are places we travel to deliver, not offices.



START A CONVERSATION

Let's talk about your people.

Tell us about your team, your goals and the challenges in front of you. You know your business; we'll bring the training expertise and explore practical workshops, coaching or learning support together.

EMAIL hello@thrivetraininglab.co.uk

WEBSITE thrive-learning-lounge.lovable.app/contact

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Prices are starting prices and exclude VAT unless stated. Correct at time of publishing; please see the website for the latest courses and delivery options. · Maximising Potential Since 2020