

# INSIGHT LABS SCHEDULE



DEC 12  
9.00-9.30AM  
EST

## **Collaborative Creativity -**

Learn how to utilize tools from Improv to unlock higher level thinking.

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DEC 17  
12:30-1:00  
PM EST

## **Increase Agility w/a Personal Energy Review**

Map tasks to your natural energy curve to optimize performance and outcomes.

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JAN 9  
9.30-10 AM  
EST

## **Decision Detox**

Tap your active decisions, then slash clutter using a simple but powerful filter: impact, reversibility, and cost.

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JAN 16  
9.30-10AM  
EST

## **Micro Compassion in Action**

Leave with three upgraded micro-moments a - immediate connection tools you can use tomorrow.

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JAN 23  
9.30-10AM  
EST

## **Empathy Echo**

Great leaders hear the need beneath the noise. Learn new tips on how to master this skill.

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FEB 1 9:30-  
10AM EST

## **Purposeful Leadership**

Choose one value that matters most and run a current decision through a simple Filter: Does this expand or dilute my value?

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