



TRANSITIONS

The crisis triggered by the global pandemic represents a life transition. It forces to rethink personal, social and organizational dimensions. This program aims to support both companies and employees through change management and problem solving.

During time of crisis, our fatigue, fears and panicked feelings can suppress our ability to think clearly and creatively.

It can hinder us from effectively managing our relationships, distracting our abilities to focus, and debilitating our decision making process.

We should instead see this as a time to reflect on the situation as well as identify and discuss or feelings.

When we do this, lost resources are rediscovered, our identities are redefined, and we can continue planning for the future.

As we journey through this period, the crisis trains a wide range of transferable soft skills, which in turn boosts our wellbeing.

WHO IT'S FOR



The whole company.

HOW IT WORKS



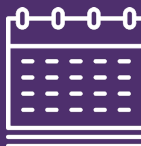
An online program via a dedicated web app with practical application though day-to-day life.

WHEN

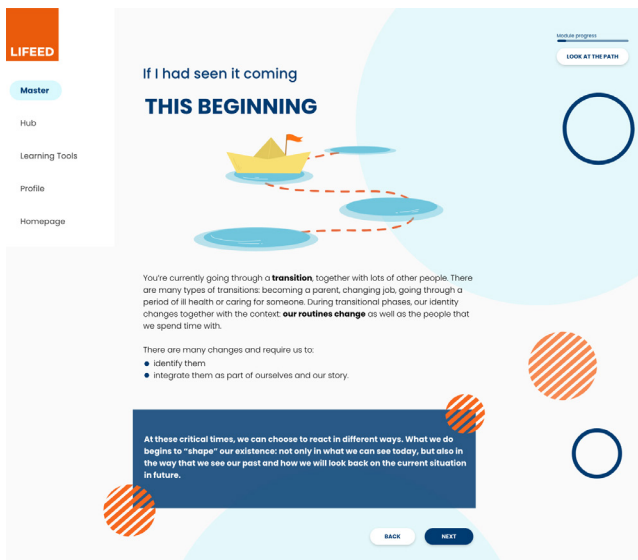


We advise dedicating 45 minutes a week.

HOW LONG IT TAKES



The program lasts for a period of 3 months.



WHAT LIFEED TRANSITIONS PROGRAM OFFERS

INDIVIDUAL DIARY

9 individual stages, 9 themes explored through reading materials, media, open-ended questions that stimulate reflection and self-narration. They connect learnings with personal experiences and suggests how to apply them to the workplace (and vice versa).

CORPORATE ROOMS

Each individual stage has a corresponding corporate stage: participants are invited to co-write narratives and suggestions, bringing value back to the company and supporting the evolving corporate culture.

INTERACTIVE WEBINARS

A chance to dig deeper into key themes, discussing with trainers and participants from other companies. These sessions give the training experience a rhythm and build momentum.

REPORTING

The company receives regular reports on sentiment, trends and analytics within their own employee population, as well as benchmarking with other companies.

FINAL CERTIFICATE

At the end of the program, participants receive an attendance certificate.

LIFE BASED LEARNING

Harnessing the power of life transitions for soft skills learning

Each life transition holds an extraordinary learning potential. The Life Based Learning method activates it. It improves key skills by up to 35%, lower stress levels (90% of participants feel “stronger”) and unlock hidden talents. People feel like they can bring their whole selves to work; it increases their motivation and engagement.

SKILLS TRAINED THROUGH LIFEED TRANSITIONS



DEFINE THE ROAD MAP

Skills for understanding reality
Mental agility and change management
Ability to become life long learner



FINDING OUR WAY

Self-determination and efficiency
Relational and emotional skills
Generativity and ability to wait



IMAGINE THE DESTINATION

Emotional intelligence
Introspection
Resilience and future vision



Available in the following languages:

- English
- Italian



Accessible from every type of device and operating system.



In line with the latest privacy regulations, participants' data is used anonymously for research and reporting purposes.

For further information, contact us on
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