



Program Formats

Fundamental Capabilities programs are available in three formats. We can also modify content to fit your needs. Email us for more information or to arrange a consultation.

Lectures last 45 minutes to one hour. They deliver practical information and useful tips in an open, interactive and friendly environment. Suitable for lunch seminars, business network meetings, and corporate, university or community programs of any size.

Half-Day Seminars cover topics in more depth with exercises that allow participants to practice some of what they are learning. They generally last 3-4 hours and may include a meal. These are suitable for 20 to 50 attendees.

Workshops are one day sessions with focused exploration of the topic. Participants have multiple opportunities to practice new skills and discuss what they have learned with other attendees. Workbooks may be provided. These are suitable for a minimum of 20 and maximum of 40 attendees.