

Leadership Training

Enhance company culture from the inside out. Leadership Training with On the Goga brings leaders together to learn and expand crucial social-emotional leadership skills, scientifically proven to enhance the productivity and wellbeing of teams. Choose from our popular topics or work with our team to create a custom workshop.

Virtual Leadership Workshop

Bring skills to your leadership team, no matter where they are. Virtual sessions are hosted by On the Goga, and include:

- 60-90 minutes of live session facilitation for up to 40 Leaders
- Interactive engagement with participants and facilitator(s)
- A 30-minute pre-session call with your facilitator to provide context
- Standard pre and post-workshop impact survey and report
- Takeaways and in-session materials

ⓘ Need more than 40 leaders or a few custom tweaks? Additional leaders are approx. \$30 each. Light customizations start at \$2,500, and more complex requests can be custom quoted based on scope.



starting at
\$1,850

On-Site Leadership Workshops

Bring an expert On the Goga facilitator on-site for a leadership training or retreat.

- Live, in-person session facilitation for up to 40 Leaders
- Interactive engagement with participants and facilitator(s)
- A 30-minute pre-session call with your facilitator to provide context
- Standard pre and post-workshop impact survey and report
- Takeaways and in-session materials

**Associated travel fees not included and are billed separately*

Half Day Retreat

Up to 4 hours

starting at

\$5,000

Full Day Retreat

Up to 8 hours

starting at

\$9,500

3-Session Series

Three (3) 90-Minute Sessions

starting at

\$10,500

Develop Skills That Empower Leaders

Our trainings build the emotional, social, and strategic skills that drive thriving teams:

- 🗣️ FEEDBACK AT WORK
- 👉 BOUNDARIES
- 🗣️ EMOTIONAL AWARENESS
- 🛡️ PSYCHOLOGICAL SAFETY
- 🔄 REFLECTION
- 💬 COMMUNICATION
- 🌱 GROWTH MINDSET
- 🏡 WORK-LIFE BALANCE
- 💖 SELF-COMPASSION
- 🧠 RESILIENCE
- 🤝 COLLABORATION



Book Your Leadership Training!

Click [here](#) to schedule a call or scan the QR code.

