



# GIVE YOUR PEOPLE THE KNOWLEDGE, SKILLS, AND MOTIVATION THAT DRIVE PERFORMANCE

## COMMON SESSION FORMATS

### Keynote Session

- **Timing:** Up to 90 minutes total
- **Format:** Provides a robust introduction to the topic; brief interactive elements are possible.
- **Delivery:** Both in-person and virtual deliveries are available.

### Half-Day Session

- **Timing:** Up to 4 hours total
- **Format:** Provides a deep understanding of the topic – and includes multiple highly interactive exercises, assessments, and breakout group discussions.
- **Delivery:** Both in-person and virtual deliveries are available.

### Full-Day Session

- **Timing:** Up to 7 hours total
- **Format:** Morning all-hands session that provides the deep dive of the half-day session format to all employees. Afternoon consulting session with the senior leadership team to tackle organizational-level issues, prioritize areas of focus, and map out an action plan.
- **Delivery:** Both in-person and virtual deliveries are available.

The three session types listed here are a sample of the most common types of engagements that Dr. Meceda does with clients. If you have something else in mind, please don't hesitate to ask.

### **BONUS:**

Access to Dr. Meceda's online Mindset course is currently available at a 50% discount for organizations that purchase any of the live delivery formats. More information regarding the online course can be found at [www.mindset-course.com](http://www.mindset-course.com).