

Leadership & Team Workshops That Turn Insight Into Everyday Habits

Practical, experiential learning that gives your people a shared language for communication, trust and performance. Delivered as single sessions or as a multi-workshop series - in person, offsite retreats or virtual, for groups of 5 to 500.

LEADERSHIP & TEAM DEVELOPMENT, DELIVERED LIVE

Learning your team can use the moment they walk out the door.

Long Table's workshops are built on the world-class leadership tools of **GiANT Worldwide** and **The Table Group** - the same frameworks used in our consulting engagements. Each one takes a proven concept and makes it engaging and experiential, so your people don't just hear an idea, they practice it together and leave with tools they'll keep using.

FORMAT

Single workshops or a multi-workshop series, delivered in person, offsite retreats or virtual.

GROUP SIZE

5 to 500 participants - from a single team to an entire organization.

WHO IT'S FOR

Companies, teams, government agencies and nonprofits in any industry.

THE CATALOG

Workshops to develop your team and organization

The 5 Voices for Teams Series

Deepen relational trust, unlock your team's true potential, and accelerate performance.

- 1 Discover Your Leadership Voice Workshop** - Self-awareness, clarity and confident contribution.
- 2 The Power of Your Voice Workshop** - Unlock the positive impact - neutralize the negative.
- 3 The Art of Collaboration Workshop** - Turn awareness into everyday collaboration.
- 4 Optimizing Team Performance Workshop** - Alignment, synergy and high-performance rhythms.
- 5 Team Kryptonite Workshop** - Eliminate the hidden patterns that erode trust.



The 5 Gears Workshop

Just like a car, every part of our day has a right gear. The 5 Gears help your team learn when to be fully present, when to focus, when to connect and when to recharge - so they show up more productive, more present, and more emotionally intelligent with the people around them.



The Peace Index Workshop

Conquer chaos. Find fulfillment. The Peace Index gives your team a practical tool to understand how key factors and stressors affect their personal peace - and, in turn, their health, behavior and performance at work. When peace is high, people think more clearly, treat obstacles as challenges, and lead from a place of confidence and humility.



The Communication Code Workshop

So much friction comes from a simple mismatch: one person wants to be heard, the other jumps to solving. The Communication Code gives your team five shared "code words" to name what they need from a conversation before it starts - so both sides send and receive the right message, and relationships take far less wear and tear.



The 6 Types of Working Genius Workshop

The fastest, easiest way to help your team get in touch with the types of work that give them energy - and the types that drain them. Based on Patrick Lencioni's model from The Table Group, the six geniuses spell WIDGET and reveal why some work feels effortless and some feels exhausting.

TAILORED TO YOU

No two teams are the same. Neither are our workshops.



We listen first

Every engagement starts with a conversation about your goals, your people and the challenges you're facing - not a fixed script.



We adapt the content

Examples, exercises, length and emphasis are shaped to your industry and context, whether you're a company, agency or nonprofit.



We map the journey

One workshop or a full series, in person, offsite retreats or virtual - we recommend the path that fits your team and your timeline.

QUICK FACTS

Quick Facts about Long Table Workshops

WHAT THEY ARE

Live, experiential leadership and team-development workshops built on GiANT Worldwide and The Table Group frameworks - offered as single sessions or a multi-workshop series.

WHO THEY'RE FOR

Teams, organizations, government agencies and nonprofits across any industry - typically brought in by team, organizational or HR leaders.

CUSTOMIZATION

Long Table listens first, then tailors the content, examples, exercises and pace to each client's needs and goals.

HOW TO START

Book a discovery conversation with Long Table; we recommend and tailor the right workshop or series for your team.

WORKSHOPS OFFERED

The 5 Voices for Teams Series (5 Voices), the 5 Gears, the Peace Index, the Communication Code and the 6 Types of Working Genius - with new topics added regularly.

GROUP SIZE

5 to 500 participants - from a single team to an entire organization.

FRAMEWORKS USED

5 Voices, 5 Gears, the Peace Index, the Communication Code and the 6 Types of Working Genius.

Let's find the right workshop for your team

Tell us about your team and what you're hoping to change. We'll recommend a workshop or series and tailor it to fit - for your company, agency or nonprofit.

longtableconsulting.com · info@longtableconsulting.com · 678.592.4150