XVENTURE
CREATING WINNING MINDS
SA SM E SS M R L

Learning Ecosystem

Mindset first. Performance follows.

- Human-centred design, self-paced online learning
- Evidence-based measures to track progress
- Bite-sized multimedia format
- Experiential activities to connect and embed learning
- 24/7 Speaking Trained XV AI Coach support
- CPD/PL aligned across multiple sectors

START HERE





MindZen - an integrated performance improvement program
Course
A mindset improvement program built for busy professionals. Eight weeks, bite sized content and 24/7 trained AI coach...



Emotional Intelligence
Course
Develop self awareness, emotional regulation, empathy and social skill, and strengthen your communication,...



Spatial Intelligence
Course
Master spatial intelligence to navigate complexity, strengthen situational awareness and make confident decision...



Communication - the secret to success
Course
The theory, skills and practice of effective communication, from body language and active listening through to storytelling,...



Applied Positive Psychology
Course
Positive psychology is quoted constantly and applied rarely. This module goes back to the source research and turns it into...



Applied Resilience Science
Course
Resilience is one of the most studied topics in human performance and one of the most misunderstood. Evidence, case...



Decision Making
Course
We make around 35,000 decisions a day, most of them on autopilot. How decisions actually get made, and how to make...



Leadership - Analysis to Implementation
Course
Nine decades of leadership thinking, from theory through to implementation, finishing with a personal legacy...



Health and Wellbeing - Foundations
Course
Most workplace wellbeing programmes do not move the numbers, and there is now solid evidence for why. Wellbeing a...



Performance Conversations
Course
Most team problems are one conversation away from being smaller. Learn to tell the truth so it can be heard,...



Performing Under Pressure
Course
Why do capable people underperform when it counts? How do you train it? Do this short module and you'll finish with a...



Fast Track Mindfulness
Course
In just 45 minutes, learn fast track mindfulness techniques to get calm in 10 seconds.



Team Culture
Course
Culture drives performance, yet most training stops at theory. This is the practical version: tools to understand,...



Change Management
Course
A masterclass from a business leader with more than 40 years building and growing some of the world's best known...



Neuroscience of Learning
Course
Finished a great course and forgotten most of it a month later? That is a method problem, not a memory proble...



Cultural Integration Planning for M&A
Course
Step by step guidance for planning, leading and embedding cultural integration through mergers,...



Strategy Masterclass
Course
Strategy as a series of choices that have to be analysed, tested, implemented and sustained. The frameworks and tools to...



Neuroscience of Leadership
Course
Neuroscience research translated into practical leadership. No biology background needed, every concept...



Integrated Management Systems Training
Course
An introduction to integrated management systems for senior leaders: what an IMS is, how it is structured, who...



AI Insights: A Global Picture and Practical Applications
Course
An evidence-based AI briefing spanning adoption, risk, platforms, law and implementation, with a practical...