



LIMBER

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LIMBER HUMAN CAPITAL Core Training Curriculum 2026

- Our five key subject areas are organised into 1.5-hour modules
- Modules can be combined into delivery programs of any length
- Modules can be delivered at your chosen pace, contiguously or on separate days.
 - All modules can be delivered face to face or virtually.
 - All modules are fully customisable

Exceptional Communication	Leadership Excellence	Essential Executive Skills	Personal Mastery	Enterprise Sales
<ul style="list-style-type: none"> • Audience analysis • Presentation skills • Business writing • Business storytelling • Rapport development • Questioning and listening • Virtual and remote communication • Resolving Conflict 	<ul style="list-style-type: none"> • Decision making • Leadership styles • Executive Presence • Strategic thinking • Executing Strategy • Building high performing teams • Managing the remote workforce • Optimising Collaboration • Engaging your team 	<ul style="list-style-type: none"> • Assertiveness • Influence • Persuasion • Time management • Feedback • Coaching • Delegation • Goal Setting • Negotiation • Building winning relationships • Conflict management 	<ul style="list-style-type: none"> • Emotional Intelligence • Self Awareness • Cognitive biases • Building Resilience • Mindset • Creative Problem Solving 	<ul style="list-style-type: none"> • Understanding clients • Communicating with clients • Sales pitching • Persuasion strategies • Managing client objections • Successful closing tactics • Sales execution • Account management