



FALL 2026

Xapa Content Catalogue

5 minutes of play a day to win at the game of work

New modules added weekly

Pick a goal. Start a Program.

01

Programs

Larger learning paths that combine multiple Xperiences around a goal.

02

Xperiences

Groups of Learning Quests and Story Quests around one topic, like Communication Styles or Building Trust.

03

Learning Quests

Short interactive lessons in the voice of our character, Xappy.

04

Story Quests

Narrative, interactive-TV-style episodes that apply the skills.



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Find a Job

- Confidence Boost
- Thrive Through Struggle: Basics
- Job Search: Mindset & Momentum
- Thrive Through Struggle: Level 2
- Professional Presence

Confidence Boost

You've got the skills. Now it's time to believe it and say it out loud. Break the impostor cycle, use your voice with purpose, and speak up for the career you want.

4 Xperiences

Also in: Level Up at Work, Freelance Fundamentals

Empowering Myself and Others

Take control of your life and help others do the same. Empowerment isn't about waiting for perfect conditions—it's about working towards your goals in any conditions.

Finding & Using Your Voice

Your voice is one of your greatest tools—develop the skills to use it with purpose, presence, and impact.

Conquering Impostor Syndrome

Disempower self-doubt and build confidence in your value and abilities.

Advocating for Yourself

The people getting the money, the title, and the good projects probably aren't working harder than you — they've figured out how to ask, and there's a method to it.

Job Search: Mindset & Momentum

Job searching tests your skills and your spirit. Train both.

3 Xperiences

Finding and Applying to Jobs

Nobody teaches you how to look for a job, so here's the whole process, from naming what you actually want to getting a person to walk you in the door.

Making Career Moves: Keep Your Eyes on the Prize

You're ready to level up or look for your next job, but you also need this paycheck and your reputation intact, and that changes everything about how you go after it.

Bounce Forward with Resilience

Forget bouncing back. It's time to bounce forward—past adversity, into growth, and toward a better, bolder, more fulfilling future.

Professional Presence

Presence isn't about being the loudest person there. It's about being the one people remember and trust. Learn to show up with purpose, build a reputation people trust, and make connections that last, on a video call or in the room.

5 Xperiences

Also in: Level Up at Work, Freelance Fundamentals

How to Show Up

Professional presence isn't just for executives. Learn how to communicate with purpose, manage your energy, and build a reputation that gets you noticed for all the right reasons.

Starting Strong

Become an expert in the unspoken rules of the workplace and start standing out for all the right reasons—learn how to build credibility, foster strong relationships, and unlock big opportunities early in your career.

Reputation and Influence

Strong relationships and quiet influence get you further than flashy titles. Learn how to build trust, communicate with impact, and become someone people want to work with.

From Zoom to Room

Pants are no longer optional. Get ready to reset your routines, re-learn small talk, and reconnect with actual humans at an actual office—without burning out.

Networking: The Be-Social Method

Build authentic professional relationships using Colleen MacFarland's Be-Social method.

Thrive Through Struggle: Basics

Sometimes, everything feels sideways. Build the habits that help you recover faster, adapt with less stress, stay hopeful without pretending, and stop getting in your own way.

4 Xperiences

Also in: Work/Life Balance

The Power of Resilience

Resilience is more than bouncing back—it's about creating a better future by adapting, growing, and thriving under pressure.

Adaptability

Facing the unknown? Change is inevitable, but thriving through it is a skill you can master. Adaptability helps you stay cool, creative, and confident no matter what comes your way.

Positivity

Real positivity isn't about denial, it's about resilience. Learn the science-backed strategies to rewire your brain for happiness, stronger relationships, and a life you actually love.

Your Internal Saboteurs

Your mind has a cast of characters trying a little too hard to protect you—but what if you could turn them into your secret weapons? Unlock the power to transform their over-the-top tactics into tools for your success!

Thrive Through Struggle: Level 2

What if your hardest moment became the start of something better? Build the mindset to grow through adversity, navigate change on your own terms, and set a clear direction for what's next.

4 Xperiences

Bounce Forward with Resilience

Forget bouncing back. It's time to bounce forward—past adversity, into growth, and toward a better, bolder, more fulfilling future.

Grow Into a Growth Mindset

Unlock the power of a growth mindset to overcome self-doubt, reframe limiting beliefs, and build encouraging environments—one step, one lesson, and one win at a time.

Navigating Change

Learn how to face change with confidence, lead others through uncertainty, and turn disruption into progress—one clear, practical step at a time.

Envisioning the Future

Feeling stuck in life, career, or team goals? Stop spinning your wheels. Discover how to break free, dream big, and turn "what ifs" into "what's next."



Level Up at Work

- Collaboration: Basics
- Get Promoted: Basics
- Professional Presence
- Confidence Boost
- Get Promoted: Level 2
- Spark Your Creativity at Work
- Conflict & Hard Conversations
- Manage Time & Energy
- Trust: Basics

Collaboration: Basics

Great teamwork isn't about everyone getting along. Understand how different people work, disagree without doing damage, and handle hard conversations so they strengthen your relationships.

3 Xperiences

Also in: Freelance Fundamentals, Be a Better Manager

Work Styles

Discover your Work Style and unlock the secrets to thriving at work and in relationships. Harness strengths, embrace differences, and boost collaboration for a more energized and productive life.

Constructive Disagreement

Learn to engage differing views in ways that deepen insight, not tension.

Difficult Conversations (ICs)

Dreading the next hard talk? In this Xperience, you'll learn proven strategies to stay calm, communicate with compassion, and walk away with stronger trust, not broken relationships.

Confidence Boost

You've got the skills. Now it's time to believe it and say it out loud. Break the impostor cycle, use your voice with purpose, and speak up for the career you want.

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Your voice is one of your greatest tools—develop the skills to use it with purpose, presence, and impact.

Conquering Impostor Syndrome

Disempower self-doubt and build confidence in your value and abilities.

Advocating for Yourself

The people getting the money, the title, and the good projects probably aren't working harder than you — they've figured out how to ask, and there's a method to it.

Conflict & Hard Conversations

Avoiding conflict doesn't make it disappear. It just makes it bigger. Get the tools to disagree, say no when you need to, and deliver hard feedback with honesty and care.

5 Xperiences

Also in: Communicate Better, Work/Life Balance, Be a Better Manager

Clarity is Kindness: The Art of Feedback

Feedback is the foundation for trust, growth, and collaboration. Learn how to communicate with clarity and kindness so you can receive and deliver feedback that is clear, empathetic, and actionable.

Constructive Disagreement

Learn to engage differing views in ways that deepen insight, not tension.

When and How to Say No

Assert your boundaries with clarity and respect to preserve focus and credibility.

Managing Conflict in the Workplace

Turn workplace conflicts into opportunities with Xapa's game-changing REACT Framework.

Difficult Conversations (ICs)

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Get Promoted: Basics

Promotions rarely go to the people who wait their turn. Build the everyday habits that get you noticed: owning your work, stepping up before you're asked, and growing from every setback.

5 Xperiences

Also in: Freelance Fundamentals

OWN It: Personal Accountability

Use Xapa's OWN It framework to transform accountability from a business buzzword into your competitive advantage.

Being Proactive

Want to stand out as someone your team can count on? Learn how to take initiative, anticipate needs, and make confident moves—without overstepping.

Authentic Engagement

You don't have to fake enthusiasm to be a great team player—but you do need to stay motivated and connected to the work. Learn how to engage with purpose and protect your energy.

Grow Into a Growth Mindset

Unlock the power of a growth mindset to overcome self-doubt, reframe limiting beliefs, and build encouraging environments—one step, one lesson, and one win at a time.

Advocating for Yourself

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Get Promoted: Level 2

Getting noticed got you this far. Getting ahead takes more. Learn to read the room, follow through on what matters most, and build toward your next move without risking the job you have.

3 Xperiences

Also in: Freelance Fundamentals

Taking Ownership

Ownership isn't about doing everything—it's about doing the right things, following through, and showing others they can count on you.

Context is Critical: Situational Awareness

Transform from someone who merely attends meetings to someone who reads rooms, shapes moments, and navigates organizations with the strategic awareness of a seasoned executive.

Making Career Moves: Keep Your Eyes on the Prize

You're ready to level up or look for your next job, but you also need this paycheck and your reputation intact, and that changes everything about how you go after it.

Manage Time & Energy

There will always be more to do than time to do it. Learn to decide what matters most, plan your day around it, and say no to the rest without the guilt.

4 Xperiences

Also in: Freelance Fundamentals

Goals & Priorities

Master the art of goal-setting, prioritization, and focus with a powerful toolkit that helps you set SMART goals, break tasks into manageable steps, and tackle distractions for unstoppable productivity!

Self-Management

Ready to feel more in control of your time, tasks, and focus? Learn how to organize your day—and your brain—for less stress and more results.

Time Management

Gain practical tools to analyze and optimize your schedule, create boundaries around your most productive hours, and prioritize tasks that align with your goals.

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You don't have to be "a creative" to come up with great ideas at work. Spot the opportunities others miss, solve the problems that matter, and generate fresh ideas whenever you need them.

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Sparking Creativity at Work

Creativity isn't a gift reserved for the lucky few. It's a skill you can systematically develop, starting today.

Opportunity Recognition

The biggest opportunities at work aren't hidden. They're invisible to people who aren't looking for them.

Design Thinking at Work

Stop solving the wrong problems. Design Thinking is the five-phase framework used by IBM, Google, and PepsiCo to build solutions people actually want.

SCAMPER

You don't need a breakthrough to make a breakthrough. Sometimes you just need to look at what already exists through a different lens.

Trust: Basics

Trust holds every working relationship together, and most of us only notice it once it starts to crack. Learn what trust is made of, why it breaks, and how to rebuild it when it does.

3 Xperiences

Also in: Communicate Better

Trust Basics

Unlock the secrets of trust by learning how to build it, how to keep it strong, and how to handle breakdowns like a pro.

Losing Trust

Learn how to identify root causes of trust breakdowns and how to start taking steps toward repair.

Repairing Broken Trust

When trust breaks, it's easy to feel like all is lost. But with accountability, heartfelt apologies, and honest conversations, you can repair the damage and rebuild stronger than before.



Communicate Better

- Be a Leader at Any Level
- Inspirational Leadership
- Communication: Basics
- Trust: Basics
- Conflict & Hard Conversations

Be a Leader at Any Level

You don't need a title to be a leader. You need to see yourself clearly, bring purpose to every interaction, sense what a situation needs, and help the people around you step up too.

4 Xperiences

Empowering Myself and Others

Take control of your life and help others do the same. Empowerment isn't about waiting for perfect conditions—it's about working towards your goals in any conditions.

Self-Awareness: The Johari Window

Think you know yourself? Think again. Unlock the power of self-awareness to crush blind spots, deepen connections, and own your potential like never before.

Reputation and Influence

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Context is Critical: Situational Awareness

Transform from someone who merely attends meetings to someone who reads rooms, shapes moments, and navigates organizations with the strategic awareness of a seasoned executive.

Communication: Basics

You've been talking your whole life, but nobody ever taught you how to communicate. Discover your style, sharpen your listening, and learn to set up conversations so everyone ends up on the same page.

4 Xperiences

Communication Styles

Discover your personal Communication Style and elevate every conversation by learning the secrets of dynamic communication.

Levels of Listening

Want to know the secret to deeper connections and stronger relationships? Discover the art of listening and transform the way you communicate.

Making Agreements that Stick

Ever wonder why some agreements fall apart while others flourish? Discover the art of making and keeping commitments that build trust, clarity, and stronger relationships.

Context is Critical: Setting Context

Learn the art of providing context to transform confusion into clarity, resistance into buy-in, and misalignment into momentum.

Conflict & Hard Conversations

Avoiding conflict doesn't make it disappear. It just makes it bigger. Get the tools to disagree, say no when you need to, and deliver hard feedback with honesty and care.

5 Xperiences

Also in: Level Up at Work, Work/Life Balance, Be a Better Manager

Clarity is Kindness: The Art of Feedback

Feedback is the foundation for trust, growth, and collaboration. Learn how to communicate with clarity and kindness so you can receive and deliver feedback that is clear, empathetic, and actionable.

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Assert your boundaries with clarity and respect to preserve focus and credibility.

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Turn workplace conflicts into opportunities with Xapa's game-changing REACT Framework.

Difficult Conversations (ICs)

Dreading the next hard talk? In this Xperience, you'll learn proven strategies to stay calm, communicate with compassion, and walk away with stronger trust, not broken relationships.

Inspirational Leadership

Inspiration shows up in small moments: how you talk with your team, how you help them grow, how you respond to their ideas, and how you steady them through change. Build the skills to make those moments count.

4 Xperiences

Communication Styles

Discover your personal Communication Style and elevate every conversation by learning the secrets of dynamic communication.

Sparking Creativity in Your Team

Your team's creative output depends less on hiring 'creative people' and more on the conditions you create, the behaviors you model, and the responses you give when ideas emerge.

Manager as Coach

Discover the four coaching styles every manager needs, and learn when to use each one to unlock your team's potential.

Managing Change

Learn how to face change with confidence, lead others through uncertainty, and turn disruption into progress, one clear, practical step at a time.

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Be a Better Manager

- AI Literacy: Basics
- Conflict & Hard Conversations
- Manager Excellence: Building & Leading Your Team
- Responsible Leadership
- Collaboration: Basics
- Manage AI in the Workplace
- People Management: Basics
- Spark Your Creativity at Work
- Collaboration Across Cultures
- Management Skills: Basics
- People Management: Level 2

AI Literacy: Basics

Go from AI-curious to AI-capable. Learn to prompt with purpose, put AI to work on your everyday tasks, and build the human skills that keep you ahead of the change.

5 Xperiences

Also in: Understand AI

AI in the Workplace

AI won't take your job, but someone using it might. Get more out of your work with AI tools.

Resilience in the AI Revolution

Discover how to turn AI disruption into your career springboard—by building resilience, curiosity, and the human skills that make you future-proof. This isn't just about surviving change—it's about owning it.

AI Skills

Less talk, more action. Roll up your sleeves and put AI to work on the tasks that fill your day.

AI & Critical Thinking

AI can make you faster at almost everything. This is how you make sure it doesn't make you worse at thinking.

Building AI Workflows That Work for You

Everyone is a manager now. Build and manage your own personal team of AI agents.

Collaboration: Basics

Great teamwork isn't about everyone getting along. Understand how different people work, disagree without doing damage, and handle hard conversations so they strengthen your relationships.

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Collaboration Across Cultures

What counts as confident, respectful, or even on time depends on where you are. Explore how work culture changes from country to country and build the fluency to collaborate with anyone.

11 Xperiences

Working Cross-Culturally

Cultural fluency is a leadership skill. Learn how to build trust, communicate clearly, and thrive in every business environment.

Business Culture: United States

Understand the fast-paced, results-driven nature of American business and how to thrive in it.

Business Culture: China & Taiwan

Navigate the relationship-centered and tradition-informed business practices of China and Taiwan.

Business Culture: Germany

Discover the precision, planning, and professionalism central to German business success.

Business Culture: Philippines

Leverage relationship-building and adaptability to succeed in the Philippines' collaborative business culture.

Business Culture: France

Navigate the nuances of French business etiquette, communication, and relationship-building.

Collaboration Across Cultures (continued)

11 Xperiences

Business Culture: Spain

Blend formality and warmth to build lasting business relationships in Spain.

Business Culture: Italy

Balance relationship-driven communication with the flair and formality of Italian business culture.

Business Culture: India

Blend adaptability and relationship-building to succeed in India's diverse business environment.

Business Culture: Japan

Respect, harmony, and precision form the foundation of Japanese business practices.

Business Culture: Malaysia

Adapt to Malaysia's multicultural business environment with respect and flexibility.

Conflict & Hard Conversations

Avoiding conflict doesn't make it disappear. It just makes it bigger. Get the tools to disagree, say no when you need to, and deliver hard feedback with honesty and care.

5 Xperiences

Also in: Communicate Better, Level Up at Work, Work/Life Balance

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Manage AI in the Workplace

AI changes roles, workflows, and what people expect from their leaders. Get a practical playbook for deciding what to automate, managing the human side of the transition, and using AI responsibly.

3 Xperiences

Also in: Understand AI

AI Leadership: Understanding AI Agents

Demystify AI agents and learn to evaluate which tasks in your organization are ripe for intelligent automation.

Leading AI Change

AI is changing the workforce as we know it. Learn how to lead your team so they adapt, grow, and thrive through it.

AI Governance: The TRUST Model

Learn how to turn AI risk into competitive advantage with a governance model built on trust, ethics, and accountability.

Management Skills: Basics

Being a manager means your to-do list now includes everyone else's, too. Get the essentials for setting goals, making clear decisions, delegating wisely, and running meetings people are glad they attended.

4 Xperiences

Prioritization & Delegation

Learn how to manage your to-do list and delegate strategically. By focusing on purpose-driven actions and empowering your team, you'll build stronger leadership skills, foster accountability, and unlock your team's full potential.

Running Efficient Meetings

Learn how to design and run meetings that actually accomplish something. From planning to follow-through, discover how to make every minute count and build a reputation for running meetings people actually want to attend.

Decision-Making Playbook

Make smarter, faster, and more strategic choices by mastering key decision-making frameworks that help you analyze, prioritize, and act with confidence.

Strategic Goal Setting

Create and achieve meaningful objectives by connecting individual and team goals to broader organizational priorities. This Xperience ensures that you and your team stay focused on what matters most, driving success at every level.

Manager Excellence: Building & Leading Your Team

Go beyond day-to-day management and learn what it takes to build, grow, and sustain a high-performing team.

7 Xperiences

Attracting Great Talent

The hiring market has changed. The best candidates have options, and they can spot a generic job post from a mile away. Learn how to attract the people you actually want to hire.

The Interview Process

Interviews are a two-way street, and most managers are bad at both directions. Learn to evaluate candidates fairly while also selling them on the role.

Retention & Loyalty

Hiring is expensive. Losing good people is more expensive. Learn how to build the conditions that make your team want to stay.

Addressing Performance Gaps

The performance conversation you keep putting off is the one most likely to define how your team sees you. Learn to address gaps directly, fairly, and early.

Letting People Go: Performance Issues

Manage difficult transitions with empathy, clarity, and professionalism.

Letting People Go: Layoffs

Layoffs test every leadership skill you have. Learn how to handle them with the transparency, empathy, and care that the people leaving and the people staying both deserve.

Manager as Coach

Discover the four coaching styles every manager needs, and learn when to use each one to unlock your team's potential.

People Management: Basics

Managing tasks is the easy part. Managing people is where it gets real. Learn to give feedback that helps, coach instead of fix, handle team conflict, and work just as well with the people above you.

4 Xperiences

Clarity is Kindness: The Art of Feedback

Feedback is the foundation for trust, growth, and collaboration. Learn how to communicate with clarity and kindness so you can receive and deliver feedback that is clear, empathetic, and actionable.

Managing Up & Down

Learn the art of managing in multiple directions and effectively lead your team while skillfully working with senior leadership.

Manager as Coach

Discover the four coaching styles every manager needs, and learn when to use each one to unlock your team's potential.

Managing Conflict in the Workplace

Turn workplace conflicts into opportunities with Xapa's game-changing REACT Framework.

People Management: Level 2

Getting the best from your team means inspiring them and holding them accountable, often in the same conversation. Learn to spark creative thinking, handle difficult talks with care, and turn performance gaps into growth.

3 Xperiences

Sparkling Creativity in Your Team

Your team's creative output depends less on hiring 'creative people' and more on the conditions you create, the behaviors you model, and the responses you give when ideas emerge.

Difficult Conversations (Managers)

Navigate challenging conversations with clarity, compassion, and purpose.

Addressing Performance Gaps

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Responsible Leadership

Doing the right thing isn't always obvious, and it isn't always easy. Navigate ethical gray areas, lead your team through uncertainty, and build a workplace where people keep their commitments and purpose matters as much as profit.

4 Xperiences

Creating a Culture of Accountability

Discover how to build a culture of accountability that fosters trust, enhances team performance, and empowers individuals to take ownership of their work.

Managing Change

Learn how to face change with confidence, lead others through uncertainty, and turn disruption into progress, one clear, practical step at a time.

ETHICS in Business

Transform ethical dilemmas into clear decisions with Xapa's ETHICS framework, your practical compass for navigating workplace integrity.

Conscious Capitalism

Discover how business can be a force for good. In this Xperience, you'll explore the principles of Conscious Capitalism—like higher purpose, stakeholder alignment, and conscious leadership—and learn how to apply them in real-world workplaces to drive meaningful, sustainable impact.

Spark Your Creativity at Work

You don't have to be "a creative" to come up with great ideas at work. Spot the opportunities others miss, solve the problems that matter, and generate fresh ideas whenever you need them.

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Work/Life Balance

- Burnout Recovery
- Work/Life Integration: Basics
- Conflict & Hard Conversations
- Thrive Through Struggle: Basics

Burnout Recovery

Burnout doesn't happen all at once, and recovery doesn't either. Learn to spot the warning signs, find where your energy is leaking, and rebuild it in ways that last.

6 Xperiences

Also in: Freelance Fundamentals

Healing Physical Burnout

Feeling wiped out? Let's tackle burnout and recharge your physical energy for good.

Healing Emotional Burnout

What if the emotions you ignore are secretly running the show? Learn how to face your feelings, ease burnout, and turn emotional chaos into clarity.

Healing Social Burnout

Learn how to navigate social interactions to reduce or relieve stress.

Healing Spiritual Burnout

Exhausted and unfulfilled? It's time to align your choices with what truly matters. Real power comes from self-trust, not control—reflect on who you are now and discover what choices or changes might lead you back to energy and fulfillment.

Healing Mental Burnout

Your thoughts are either your superpower or your kryptonite—learn to take control and turn them into your secret weapon to overcome mental burnout.

Becoming Me-Powered

Healing from burnout isn't about bouncing back, it's about leveling up with purpose, peace, and goosebumps-worthy joy. This isn't the end—it's the start of a journey toward clarity, energy, and a life Powered by Me.

Conflict & Hard Conversations

Avoiding conflict doesn't make it disappear. It just makes it bigger. Get the tools to disagree, say no when you need to, and deliver hard feedback with honesty and care.

5 Xperiences

Also in: Communicate Better, Level Up at Work, Be a Better Manager

Clarity is Kindness: The Art of Feedback

Feedback is the foundation for trust, growth, and collaboration. Learn how to communicate with clarity and kindness so you can receive and deliver feedback that is clear, empathetic, and actionable.

Constructive Disagreement

Learn to engage differing views in ways that deepen insight, not tension.

When and How to Say No

Assert your boundaries with clarity and respect to preserve focus and credibility.

Managing Conflict in the Workplace

Turn workplace conflicts into opportunities with Xapa's game-changing REACT Framework.

Difficult Conversations (ICs)

Dreading the next hard talk? In this Xperience, you'll learn proven strategies to stay calm, communicate with compassion, and walk away with stronger trust, not broken relationships.

Thrive Through Struggle: Basics

Sometimes, everything feels sideways. Build the habits that help you recover faster, adapt with less stress, stay hopeful without pretending, and stop getting in your own way.

4 Xperiences

Also in: Find a Job

The Power of Resilience

Resilience is more than bouncing back—it's about creating a better future by adapting, growing, and thriving under pressure.

Adaptability

Facing the unknown? Change is inevitable, but thriving through it is a skill you can master. Adaptability helps you stay cool, creative, and confident no matter what comes your way.

Positivity

Real positivity isn't about denial, it's about resilience. Learn the science-backed strategies to rewire your brain for happiness, stronger relationships, and a life you actually love.

Your Internal Saboteurs

Your mind has a cast of characters trying a little too hard to protect you—but what if you could turn them into your secret weapons? Unlock the power to transform their over-the-top tactics into tools for your success!

Work/Life Integration: Basics

Balance isn't about splitting your time evenly. It's about feeling like yourself at work and at home. Build habits that clear your head, protect your limits, keep your body running well, and strengthen your connections with others.

3 Xperiences

Also in: Freelance Fundamentals

Balance From Within

Feeling overwhelmed, stretched thin, or just one bad email away from losing it? If your mind is a browser with 37 tabs open, Balance From Within will help you close the junk, focus on what matters, and actually feel at peace.

Basic Boundaries

Stop feeling drained, overcommitted, and stretched too thin—Basic Boundaries gives you the tools to define your limits, stand firm, and create healthier personal and professional relationships.

Core4 of Self-Maintenance

Move better, sleep deeper, eat smarter, and stress less for a healthier you.



Freelance Fundamentals

- Be Your Own Boss: Business Kit
- Confidence Boost
- Manage Time & Energy
- Work/Life Integration: Basics
- Burnout Recovery
- Get Promoted: Basics
- Professional Presence
- Collaboration: Basics
- Get Promoted: Level 2
- Spark Your Creativity at Work

Be Your Own Boss: Business Kit

When you're your own boss, nobody hands you a schedule or a client list. Learn to manage your time and focus, build a network that feels genuine, and turn connections into paying clients.

4 Xperiences

Self-Management

Ready to feel more in control of your time, tasks, and focus? Learn how to organize your day—and your brain—for less stress and more results.

Time Management

Gain practical tools to analyze and optimize your schedule, create boundaries around your most productive hours, and prioritize tasks that align with your goals.

Networking: The Be-Social Method

Build authentic professional relationships using Colleen MacFarland's Be-Social method.

Sales Fundamentals

Master the essentials of effective, customer-centered selling.

Burnout Recovery

Burnout doesn't happen all at once, and recovery doesn't either. Learn to spot the warning signs, find where your energy is leaking, and rebuild it in ways that last.

6 Xperiences

Also in: Work/Life Balance

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Collaboration: Basics

Great teamwork isn't about everyone getting along. Understand how different people work, disagree without doing damage, and handle hard conversations so they strengthen your relationships.

3 Xperiences

Also in: Level Up at Work, Be a Better Manager

Work Styles

Discover your Work Style and unlock the secrets to thriving at work and in relationships. Harness strengths, embrace differences, and boost collaboration for a more energized and productive life.

Constructive Disagreement

Learn to engage differing views in ways that deepen insight, not tension.

Difficult Conversations (ICs)

Dreading the next hard talk? In this Xperience, you'll learn proven strategies to stay calm, communicate with compassion, and walk away with stronger trust, not broken relationships.

Confidence Boost

You've got the skills. Now it's time to believe it and say it out loud. Break the impostor cycle, use your voice with purpose, and speak up for the career you want.

4 Xperiences

Also in: Find a Job, Level Up at Work

Empowering Myself and Others

Take control of your life and help others do the same. Empowerment isn't about waiting for perfect conditions—it's about working towards your goals in any conditions.

Finding & Using Your Voice

Your voice is one of your greatest tools—develop the skills to use it with purpose, presence, and impact.

Conquering Impostor Syndrome

Disempower self-doubt and build confidence in your value and abilities.

Advocating for Yourself

The people getting the money, the title, and the good projects probably aren't working harder than you — they've figured out how to ask, and there's a method to it.

Get Promoted: Basics

Promotions rarely go to the people who wait their turn. Build the everyday habits that get you noticed: owning your work, stepping up before you're asked, and growing from every setback.

5 Xperiences

Also in: Level Up at Work

OWN It: Personal Accountability

Use Xapa's OWN It framework to transform accountability from a business buzzword into your competitive advantage.

Being Proactive

Want to stand out as someone your team can count on? Learn how to take initiative, anticipate needs, and make confident moves—without overstepping.

Authentic Engagement

You don't have to fake enthusiasm to be a great team player—but you do need to stay motivated and connected to the work. Learn how to engage with purpose and protect your energy.

Grow Into a Growth Mindset

Unlock the power of a growth mindset to overcome self-doubt, reframe limiting beliefs, and build encouraging environments—one step, one lesson, and one win at a time.

Advocating for Yourself

The people getting the money, the title, and the good projects probably aren't working harder than you — they've figured out how to ask, and there's a method to it.

Get Promoted: Level 2

Getting noticed got you this far. Getting ahead takes more. Learn to read the room, follow through on what matters most, and build toward your next move without risking the job you have.

3 Xperiences

Also in: Level Up at Work

Taking Ownership

Ownership isn't about doing everything—it's about doing the right things, following through, and showing others they can count on you.

Context is Critical: Situational Awareness

Transform from someone who merely attends meetings to someone who reads rooms, shapes moments, and navigates organizations with the strategic awareness of a seasoned executive.

Making Career Moves: Keep Your Eyes on the Prize

You're ready to level up or look for your next job, but you also need this paycheck and your reputation intact, and that changes everything about how you go after it.

Manage Time & Energy

There will always be more to do than time to do it. Learn to decide what matters most, plan your day around it, and say no to the rest without the guilt.

4 Xperiences

Also in: Level Up at Work

Goals & Priorities

Master the art of goal-setting, prioritization, and focus with a powerful toolkit that helps you set SMART goals, break tasks into manageable steps, and tackle distractions for unstoppable productivity!

Self-Management

Ready to feel more in control of your time, tasks, and focus? Learn how to organize your day—and your brain—for less stress and more results.

Time Management

Gain practical tools to analyze and optimize your schedule, create boundaries around your most productive hours, and prioritize tasks that align with your goals.

When and How to Say No

Assert your boundaries with clarity and respect to preserve focus and credibility.

Professional Presence

Presence isn't about being the loudest person there. It's about being the one people remember and trust. Learn to show up with purpose, build a reputation people trust, and make connections that last, on a video call or in the room.

5 Xperiences

Also in: Find a Job, Level Up at Work

How to Show Up

Professional presence isn't just for executives. Learn how to communicate with purpose, manage your energy, and build a reputation that gets you noticed for all the right reasons.

Starting Strong

Become an expert in the unspoken rules of the workplace and start standing out for all the right reasons—learn how to build credibility, foster strong relationships, and unlock big opportunities early in your career.

Reputation and Influence

Strong relationships and quiet influence get you further than flashy titles. Learn how to build trust, communicate with impact, and become someone people want to work with.

From Zoom to Room

Pants are no longer optional. Get ready to reset your routines, re-learn small talk, and reconnect with actual humans at an actual office—without burning out.

Networking: The Be-Social Method

Build authentic professional relationships using Colleen MacFarland's Be-Social method.

Spark Your Creativity at Work

You don't have to be "a creative" to come up with great ideas at work. Spot the opportunities others miss, solve the problems that matter, and generate fresh ideas whenever you need them.

4 Xperiences

Also in: Level Up at Work, Be a Better Manager

Sparking Creativity at Work

Creativity isn't a gift reserved for the lucky few. It's a skill you can systematically develop, starting today.

Opportunity Recognition

The biggest opportunities at work aren't hidden. They're invisible to people who aren't looking for them.

Design Thinking at Work

Stop solving the wrong problems. Design Thinking is the five-phase framework used by IBM, Google, and PepsiCo to build solutions people actually want.

SCAMPER

You don't need a breakthrough to make a breakthrough. Sometimes you just need to look at what already exists through a different lens.

Work/Life Integration: Basics

Balance isn't about splitting your time evenly. It's about feeling like yourself at work and at home. Build habits that clear your head, protect your limits, keep your body running well, and strengthen your connections with others.

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Core4 of Self-Maintenance

Move better, sleep deeper, eat smarter, and stress less for a healthier you.



Sales & Marketing Skills

- Marketing Excellence
- Sales Excellence
- Selling Your POV

Marketing Excellence

Go from "we should really do some marketing" to a plan that works. With Xpert Justyna Bak, learn to find the right customers, shape a message that lands, and turn strategy into results you can measure.

5 Xperiences

Introduction to Marketing

Marketing Xpert Justyna Bak will help you learn fundamentals like when to lead with data versus creativity, how to assess real market opportunities, and why aligning product and marketing from day one is the difference between a successful launch and an expensive miss.

Marketing: Vision

Transform your marketing from guesswork to strategic glory. Xpert Justyna Bak teaches you how to analyze your market position, define your ideal customers, craft compelling value propositions, and build messaging that converts, all while avoiding the common traps that sink most marketing efforts.

Marketing: Strategy

Xpert Justyna Bak will help you learn the essential marketing strategies that turn products into profitable businesses, from reaching the right customers to building partnerships that scale.

Marketing: Execution

Turn your marketing strategy into measurable results. Learn to set milestones, track what matters, and run reviews that actually drive progress.

Marketing Advantage: Standing Out in the AI Era

Learn how to combine AI's speed with human creativity to transform your marketing from promotion to product co-creation.

Sales Excellence

Stop chasing every lead and start winning the right ones. Learn to qualify buyers quickly, lead with value instead of features, and guide conversations from the first call to a signed deal.

4 Xperiences

Sales Fundamentals

Master the essentials of effective, customer-centered selling.

Sales Qualification Made Simple: BMANTR

Stop wasting time on deals that were never yours to win and learn how to spot real buyers quickly with the BMANTR framework.

Sales Qualification Made Simple: MEDDICC

Stop wasting time on deals that were never yours to win. Learn how to spot real buyers quickly with the MEDDICC framework.

Value-Based Selling

Win deals by leading with values—yours and your client's.

Selling Your POV

Being right isn't the same as being convincing. Learn to find the ideas worth championing, work with resistance instead of against it, and influence decisions ethically.

3 Xperiences

Opportunity Recognition

The biggest opportunities at work aren't hidden. They're invisible to people who aren't looking for them.

Turn Resistance into Results

Transform every interaction by understanding the emotions behind the words—without agreeing, without fixing, just strategically acknowledging what others feel.

The Art & Science of Persuasion

Unlock the psychological principles that drive human decision-making and learn to ethically influence outcomes in any professional context.



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