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Interworks Launches Mastery Practices Program

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Interworks has launched an exciting new Mastery Practices program to support alumni in their continued development. Mastery Practices are monthly learning sessions offered complimentary to alumni of any of Interworks' courses as part of the broader suite of free alumni support programs. Interworks recognizes true learning requires reinforcement to make the learning stick. Facilitated live online, these 1-hour microlearning bites help participants avoid previous behavior patterns and integrate new skills into their everyday work life for true sustainable learning.

"Layered learning allows concepts learned in our programs to be applied and ensures they are sustainable over time," said Anne McGee-Stinson, Managing Partner and Director of Practice at Interworks. "When you are exposed to the same information, it takes less and less time to 'activate' the information in your long-term memory and becomes easier for you to retrieve the information when you need it. Once the basic behavior and mindset are established, we can continue to add layers of understanding and implementation until Mastery is achieved."

"The Mastery Practices are another way Interworks provides our clients with best in class support long after they've attended one of our programs," said Laurie Oswald, CEO of Interworks. "We hope all alumni will take advantage of this opportunity to deepen their learning. They'll be amazed at what a difference one hour can make."

Registration for the Mastery Practices sessions is open now. Topics include "Assume the Best, Let Go of the Rest!", "Habits, Rituals and the Art of Making Change Stick!", and "Habits Multiply Like Rabbits." Interested participants can find more information in the alumni portal. For assistance with portal access or for more information about our framework and learning ROI, please contact Nicole Gilbert at nicole.gilbert@interworks.com.

About Interworks: Interworks is a global learning company on a mission to elevate the human experience at work. Specializing in professional development and performance enablement, they offer top-rated learning programs including Effective Edge, Best Year Yet, and the Essentials series. Their integrated learning framework and online tools generate immediate and sustainable breakthroughs in performance. Through decades of working at all levels in enterprise companies across many industries, they've built a reputation for helping people and organizations harness their focus, mindset, talent and energy to produce results that matter most. www.interworks.com