

# THE FOREM

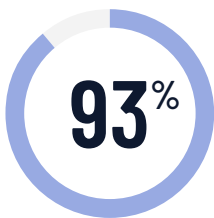
## Build Community, Maximize Impact, and *LEVEL UP* Employees

### ONE PUBLIC COHORT OFFERED IN 2025

Sessions are 10:30-12pm ET

Each workshop consists of four, ninety-minute, live and interactive sessions over Zoom, extending into a year-round community experience.

**DATES:** Wednesday, May 20th  
Wednesday, May 27th  
Wednesday, June 3rd  
Wednesday, June 10th



93% of said the content was valuable and they intend to apply learnings immediately



average NPS

### COURSE SPOTLIGHT: *LEVEL UP* EMPOWERS EMPLOYEES TO

- Build authentic relationships in their organization and industry
- Create a personal brand grounded in strengths and passions
- Articulate business impact (as related to personal goals)
- Turn key stakeholders into advocates
- Understand how decisions are made within the organization

Single Seat Price: \$1,300

Includes all workshops + 1 year of access to all resources and career tools on platform, including monthly drop-in 1:1 mentoring and networking hub.

 [Watch GOOGLE PARTICIPANT Testimonial](#)

 [Watch Our \*Level Up\* Sizzle Reel](#)

### PAST PARTICIPANTS



INTERESTED IN THE FOREM? SPEAK TO OUR SALES TEAM. 

THE FOREM

**KICK-OFF AND BUILDING AUTHENTIC RELATIONSHIPS**

This introductory event is an opportunity to get to know your facilitator and cohort, and review what you can expect from the Level Up program. Learn how to cultivate authentic, long-term professional relationships (even from behind a computer), and walk away with an action plan to ignite the confidence and motivation to start building your network on day one.

**SELF-ADVOCACY TIED TO BUSINESS IMPACT**

In this session, we discuss "always-on" self-advocacy. What daily opportunities can you leverage to ensure your work is visible and your impact undeniable? We teach an effective framework that will help you clearly communicate your value to others, particularly through the lens of company impact, so you can maximize your work and be recognized and rewarded for your value.

**PERSONAL BRANDING**

This collaborative workshop is dedicated to exploring the key ingredients needed to establish your authentic self at work. We will foster introspection to identify your unique strengths and passions, workshop those assets into a personal brand statement among peers, and practice naturally communicating it to others.

**STAKEHOLDER ALIGNMENT**

In this final, culminating lesson, we teach you how to identify the key people that can influence your career, and develop an action plan to turn them into advocates. We will examine effective strategies for packaging your "offer" to executives and other career stakeholders, and outline next steps to continue amplifying your visibility and value throughout your organization.

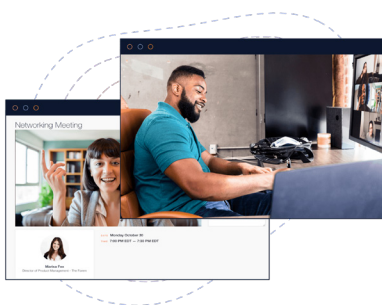
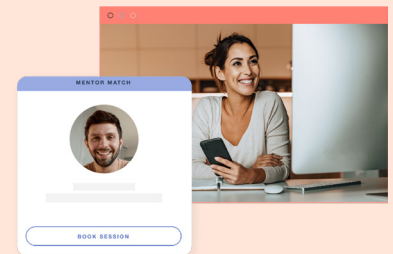
**NETWORKING AND MENTORING REMAIN ACCESSIBLE FOR A FULL YEAR AFTER THE PROGRAM, ENSURING LASTING SUPPORT AND CONTINUED GROWTH.**

**DROP IN MENTORING**

- Select a mentor based on specific challenges or goals
- Book monthly 30-minute sessions with execs, coaches, or operators
- Get real-time advice to navigate obstacles and advance your career

**PEER-TO-PEER NETWORKING**

- The Forem's smart matching engine connects participants with peers across the Insight portfolio by level, location, and interests
- Receive email notifications for tailored networking opportunities
- 97% of participants find the networking hub a valuable way to invest their time



**OUR UNIQUE METHODOLOGY**

The Forem experience starts with instructor-led, live cohort training, but participants gain access to much more via our intuitive tech platform.

- A networking hub and recommendation engine to support community building
- One-on-one mentoring with vetted executives, operators, and executive coaches
- Automated, ongoing neuroscience-backed nudges to instill learned frameworks in real life
- Career tools (EX: an accomplishment tracker) to promote goal setting and stakeholder alignment



The result of my participation in The Forem was beyond my wildest dreams. I was unexpectedly nominated for a promotion by my lead and landed a slam dunk packet (carefully crafted with my mentor), and I GOT THE PROMOTION!"

- Brittany Glasnow, Google

