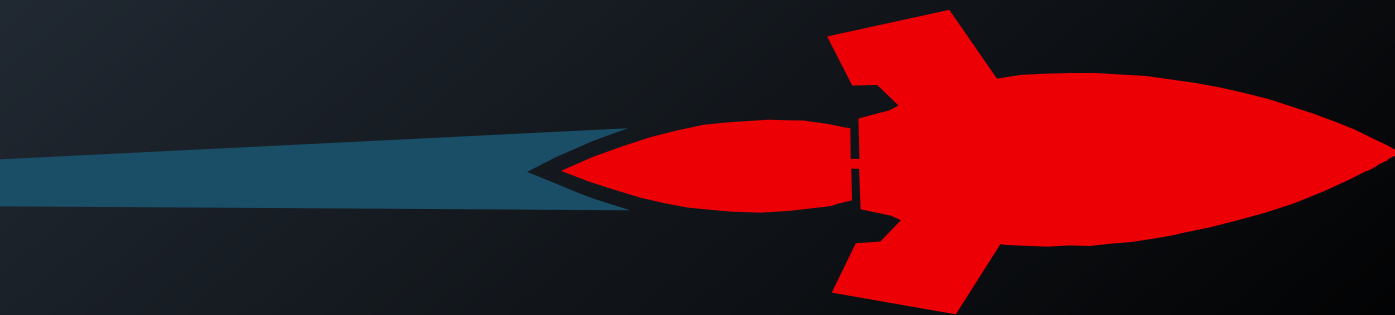




# 2026 Training Offerings

Modules | Learning Paths | Customizations





CONNECT | COMMUNICATE | COLLABORATE

## World Class Training 42,000 Participants in 45 Countries Measurable Results

Burst Trainings is a world-class company fully committed to delivering a highly interactive training experience no matter the size or location of your company or the amount of time you have for a training session. We believe that learning in shorter "bursts" of time is less disruptive, more time-efficient, and increases retention levels. Our street-wise systems generate lifelong results in as little as 60-minute virtual coaching sessions or full-day on-location trainings.

The Burst training you receive is custom-built to meet your specific needs and goals delivered by experts with years of communication credentials. Our coaches have a wide range of experience - operating as national talk show hosts, C-Suite executives, actors, and television and theater writers. The variety of experience means a depth of understanding to best meet your team's needs. It's training from seasoned communicators.

With over **42,000 people trained** in 45 countries, our coaches are adept at working in-person and remotely. We deliver the synergy needed for the highest level of employee performance, empowering your people to learn through highly interactive and fun exercises.

LAST UPDATED: 11/1/26



## MEASURABLE RESULTS

“Loved the energy, the patience, the exercises, the feeling of being listened to and the willingness to deeply understand our challenges.”

SkyTeam | Senior Vice President

Burst delivers the proven results that help your teams and leaders connect, communicate, and collaborate — effectively, efficiently, and concisely.

**PARTICIPANTS**

42,315  
Global Uniques

45  
Countries

34+  
Forbes 100 Companies

**TRAINERS**

4.9

(0 - 5 scale | 0 = low, 5 = high)

667  
Survey Responses

**CONTENT**

4.8

(0 - 5 scale | 0 = low, 5 = high)

667  
Survey Responses

**ENGAGEMENT**

4.8

(0 - 5 scale | 0 = low, 5 = high)

667  
Survey Responses

**ACTIVITIES**

4.8

(0 - 5 scale | 0 = low, 5 = high)

667  
Survey Responses

# Sector leading businesses have chosen Burst Trainings to upskill their teams



# C

COACH QUALIFICATIONS MATTER

## World-class experts in communication with years of experience.

Burst coaches are seasoned world-class experts in communication with years of experience. They bring that knowledge to your training event and can share insights that most trainers don't have the experience to provide. That's like flying in a plane with pilots that have flown for decades or flying with pilots that have read a book on how to fly but have never actually flown. Which plane would you rather ride in?

[learninginbursts.com/team](https://learninginbursts.com/team)

# Flexible training options and custom built trainings

Burst Trainings offers an array of customizable modules for individuals, small groups, and large teams that strengthen the ability to connect, communicate, and collaborate - with lasting impact. Looking to customize a training for your team based on a specific need? We can do that too.

## In-Person Events

**BurstLive** events provide access to some of the world's most qualified communication coaches and executive trainers. Our team has conducted in-person events across the globe on every continent.

BurstLive events are dynamic and interactive bringing our teachings to life. Year-to-date, our in-person events have produced an NPS score of 92.

BurstLive events are available in a 1/2 day or full-day format.

## Virtual Events

**BurstVirtual** events connect teams around the world digitally engaging them with highly interactive exercises and breakout rooms. Our coaches have held hundreds of virtual events motivating cohorts authentically with techniques designed to deliver training goals virtually.

Virtual events typically range from 60-minutes to 120-minutes per session: however, the length of training is flexible to your needs.

## Custom Events

**BurstCustom** is designed for mutual collaboration. We invite you to collaborate with Burst on content and structure based on the learning outcomes you'd like to achieve. Custom builds include team training, company off-sites, panel training, speaker training, design work, and more.

BurstCustom will address specific "pain points" with content and coaching designed with your team in mind.

## Individual Training

**Burst1:1** is tailored for senior executives. At Burst, we believe Senior executives deserve more than a consultant that has learned a system. They deserve a system and to be consulted by someone with decades of **experience in the "seat."** Our team of Master Coaches trained over **150 senior executives** (EVP, SVP, VP, and Directors) in 2025.

**87 Billion** is the net valuation of companies where we coached their C-Suite members in 2025.

Modules For  
Connecting,  
Communicating,  
and  
Collaborating  
With Others



MODULES

## MODULES

# Burst Modules are highly interactive and follow a learn, do, and teach cadence.

Learning Paths: All Cohorts | Sales | Management | Senior Executive | Technical

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### Engaging Meetings

Learn how to engage your audience, improve their attention span, and increase retention.

**Key Takeaways:** Engage participants and get “buy-in” | Reduce speaker anxiety | Deliver a clear and engaging message



### Concise and Memorable Messages (Storytelling)

In this module, you’ll learn a structure that makes planning and executing any presentation effective and captivating.

**Key Takeaways:** Create and deliver a clear, concise story | Strengthen memorability with the 3 repeat method | Streamline and land your message by eliminating “clutter”



### Executive Presence and Gravitas

Executive presence and gravitas is the sum of many different elements. If a single element is missing, executive presence falls short and credibility is diminished. We’ll provide the ingredients necessary to maximize your presence allowing for a huge impact.

**Key Takeaways:** Eliminate weak language | Become a well-rounded presenter by utilizing your verbal and non-verbal communication skills | Make your audience the star – connect first, then land your message powerfully



TERRY BOND



ROBIN AMOS KAHN



DAN MORIARTY



DAPHNE PARAS



CHRISTOPHER THOMPSON



QUYEN NGO



MONA HARTY



AMY WONG



RENEE JACKSON-SMITH

## MODULES CONT'D

# Burst Modules are highly interactive and follow a learn, do, and teach cadence.

Learning Paths: All Cohorts | Sales | Management | Senior Executive | Technical

### Diverse Ideas and Active Listening

Active listening creates empathy and helps others feel that they're heard. This is the foundation of trust, collaboration, and moving ideas forward together.

**Key Takeaways:** Demonstrate emotional intelligence | Techniques to help others to feel heard and involved | Practice collaboration techniques

### Cross-Cultural Communication

Every year, global teams experience unnecessary losses in productivity and frustration when working with colleagues who seem to be operating on a different wavelength. In this highly interactive session, participants will learn about the cross-cultural differences in global teams that are often invisible, but make a major impact in whether team members collaborate effectively or are weighed down by friction and frustration.

**Key Takeaways:** Actionable understanding of important but often invisible cross-cultural communication differences | New skills for building trust and better working relationships with colleagues from different national and regional origins | A concrete framework for improving communication and increasing productivity within multinational teams

### Burst Diamond

It's time to put it all together! In this interactive module you will receive a presentation framework that integrates the learnings from previous modules into a time-proven structure.

**Key Takeaways:** Master the Burst Diamond presentation structure | Create a clear, concise, executive presentation | Use the framework in all forms of communication



TERRY BOND



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MODULES CONT'D

# Burst Modules are highly interactive and follow a learn, do, and teach cadence.

Learning Paths: All Cohorts | Sales | Management | Senior Executive | Technical

## Conversational Intelligence

What does it mean to be neurologically collaborative and innovative through conversations? Our brains identify others as friend or foe in less than 1 second. Make sure you don't fall into the foe category with scientifically based techniques that build trust.

**Key Takeaways:** Understand how the brain categorizes others | Sub-cognitive questions that influence trust | Discover 3 shifts that promotes open-mindedness

## Tackling Challenging Conversations

No matter how skilled a team is, the one universal issue that plagues all teams is the avoidance of difficult conversations. In this module, participants will walk through the steps to shift from avoiding challenging conversations to tackling them with openness and readiness.

**Key Takeaways:** A framework for assessing situations that may demand a courageous conversation | An understanding of what happens to the brain when it enters an escalated state and how to manage when it occurs | Tips for preparing to have challenging conversations in both personal and professional contexts

## Executive Presentations

Senior executives often don't have the patience to sit through long presentations packed with data. Get to the point, make numbers and statistics memorable by creating mental images, and deliver your presentation in 6 to 10 slides.

**Key Takeaways:** Begin your powerpoint with the solution | Include data into your powerpoint slides | Begin the deck with the answer



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LOS ANGELES



LAS VEGAS

MODULES CONT'D

# Burst Modules are highly interactive and follow a learn, do, and teach cadence.

Learning Paths: All Cohorts | Sales | Management | Senior Executive | Technical

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## Say NO Without Saying NO

Sometimes saying "NO" is necessary. How you deliver the "NO" can either create resentment or lead to collaboration. We will teach Burst's AVR technique (Ask / Verify / Renegotiate) to establish a collaborative atmosphere.

**Key Takeaways:** Understand and use "high-value-questions" | Ask, verify, renegotiate with mirroring and collaboration | Practice saying no verbally and in email



## Effective Written Communication

In this module, you'll learn a structure that makes planning and executing any presentation effective and captivating.

**Key Takeaways:** Begin your presentation with the solution | Identify and offer key options for next steps | End with data and supporting information



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LOS ANGELES



LAS VEGAS

MODULES CONT'D

# Burst Modules are highly interactive and follow a learn, do, and teach cadence.

## Learning Paths: Women's Specific Training

**Own Your Voice (for Women)**  
Identify and eliminate communication patterns that don't serve you as a woman (reacting vs. responding, perfectionism, minimizing language, and in-effective body language).  
**Key Takeaways:** Overcome fear and presentation anxiety | Learn to respond and not react | Reduce perfectionism and own your voice

**Leadership Essentials (for Women)**  
Women can face a host of barriers to achieving leadership roles within organizations, including structural barriers, institutional mindsets and biases, and differences in the ways women and men have been socialized to communicate. In this workshop, participants will learn the unique challenges that women face in achieving and staying in leadership positions, and how to overcome these challenges.

**Key Takeaways:** Understand the structural barriers and biases that women face in leadership roles | Changes that can be made on an individual and organizational level to support women leaders | Support & advocate for themselves and other women leaders within their organizations

**Empowered Communication (for Women | Half-Day Training)**  
In this communication workshop, we will deconstruct the origin of fear and "triggers" to understand the neurobiology and psychology of the fight or flight response relative to interaction dynamics. This will enable us to better understand the unconscious patterns that hold us back in being effective and empowered communicators. This half-day workshop takes participants on a journey to compassionately understand and overcome the various expressions of fear that prevent us from speaking up and taking a stand.

**Key Takeaways:** Understand the communication themes that open us up, shut us down, and drive unconscious behavior | Describe the impact the neuroscience of rejection has on our communication patterns | Detail your core personal limiting beliefs



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LAS VEGAS

# 2026 LEARNING PATHS






Longer engagement leads to deeper knowledge and impact. Burst learning paths were born out of our clients' needs, and after serving over 42,000 people globally, have been proven effective. Choose from one of our curated learning path offerings or choose your topic and we'll create a longer engagement for your team — impact guaranteed.

# LEAP

## LEARNING PATHS

# Communication Essentials | All Cohorts

Communication Essentials is designed to set a strong foundation and enable individuals, teams, and organizations to connect authentically, communicate with clarity and impact, and collaborate effectively— at all levels.

-  **Engaging Meetings**  
**Key Takeaways:** Engage participants and get “buy-in” | Reduce speaker anxiety | Deliver a clear and engaging message
-  **Concise and Memorable Messages (Storytelling)**  
**Key Takeaways:** Create and deliver a clear, concise story | Strengthen memorability with the 3 repeat method | Streamline and land your message by eliminating “clutter”
-  **Executive Presence and Gravitas**  
**Key Takeaways:** Eliminate weak language | Become a well-rounded presenter by utilizing your verbal and non-verbal communication skills | Make your audience the star – connect first, then land your message powerfully
-  **Diverse Ideas and Active Listening**  
**Key Takeaways:** Demonstrate emotional intelligence | Techniques to help others to feel heard and involved | Practice collaboration techniques
-  **Burst Diamond**  
**Key Takeaways:** Master the Burst Diamond presentation structure | Create a clear, concise, executive presentation | Use the framework in all forms of communication



## LEARNING PATHS

# Current and Future Leaders | **Leaders + Sales**

Give your current and future leaders the communication tools they need to succeed at all levels of your organization. This **suggested** learning path is great for high potential employees, and current leaders who communicate and present to high-level internal & external stakeholders.

### **Communication Essentials**

Engaging Meetings | Concise and Memorable Messages (Storytelling) | Executive Presence and Gravitas | Diverse Ideas and Active Listening | The Burst Diamond - **Plus**

### **Say No Without Saying No**

**Key Takeaways:** Understand and use “high-value-questions” | Ask, verify, renegotiate with mirroring and collaboration | Practice saying no verbally and in email

### **Tackling Challenging Conversations**

No matter how skilled a team is, the one universal issue that plagues all teams is the avoidance of difficult conversations. In this module, participants will walk through the steps to shift from avoiding challenging conversations to tackling them with openness and readiness.

**Key Takeaways:** A framework for assessing situations that may demand a courageous conversation | An understanding of what happens to the brain when it enters an escalated state and how to manage when it occurs | Tips for preparing to have challenging conversations in both personal and professional contexts

### **Executive Presentations**

**Key Takeaways:** Begin your powerpoint with the solution | Include data into your powerpoint slides | Begin the deck with the answer

### **Effective Written Communication**

**Key Takeaways:** Begin your presentation with the solution | Identify and offer key options for next steps | End with data and supporting information



## LEARNING PATHS

# Communication Training for **Women**

This learning path is designed to empower women to fully step into their power when communicating to their teams, presenting ideas, and saying no when necessary.

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### **Communication Essentials and/or Leadership Modules**

Engaging Meetings | Concise and Memorable Messages (Storytelling) | Executive Presence and Gravitas | Diverse Ideas and Active Listening | The Burst Diamond | Say No Without Saying No | Effective Written Communication | Powerpoint Presentation Framework - **Plus**

### **Culturing Conditioning and Triggers**

**Key Takeaways:** Women have more neurons in the brain centers for language than men do. The female brain is unique and has the ability to connect deeply with audiences. Learned patriarchal structures from our childhood, cultural conditioning, and “triggers” (over-apologizing, starting with “sorry”, and hedging) all negatively impact confidence and other’s perception of qualifications.

We’ll help you identify the language that positively impacts gravitas and help you speak with more confidence by using all those extra neurons.

### **Own Your Voice**

**Key Takeaways:** Ultimately, owning your voice as a woman is about embracing your power and unique perspective. Being confident and expressing it in the workplace will take recognition, tools, and practice. Learn to speak with confidence, use your tone appropriately, use pausing as a technique, and be powerful in any situation.





# 2026 Training Offerings

[learninginbursts.com](http://learninginbursts.com)  
[terry@bursttrainings.com](mailto:terry@bursttrainings.com)  
1 (855) 638-7246

