AMETRA LABS

AMETRA LABS · PRESENTATIONS & WORKSHOPS

Curriculum *Map*

Ten ready-to-present sessions in four tracks, designed and delivered by Ametra Labs senior advisors.

10 sessions **4** tracks

01 DESIGN FOR PEOPLE

Design with people, not for them.

WORKSHOP

Foundations of Human-Centered Design

For teams improving a service

Empathy, AEIOU observation and sharp problem statements.

LECTURE

HCD for Co-Creation in Community

For community practitioners

Pairs HCD with ABCD to build alongside communities.

LECTURE

Using HCD to Address Gun Violence

For policy students & leaders

Applies HCD to the Surgeon General's firearm advisory.

02 COMMUNITY BUILDING

Start from strengths and culture.

WORKSHOP

Building Communities from the Inside Out

For community leaders

Asset-based development and asset mapping.

ROUNDTABLE

The Culture Tree

For cross-cultural groups

Surface, shallow and deep culture.

HOW TO BOOK

Scan to schedule a consultation

ametralabs.com/consultation

03 LEADERSHIP & ACCOUNTABILITY

Lead with intention and awareness.

KEYNOTE

Four Principles for Navigating a Changing Reality

For general audiences

Planning, personality, punctuality and persistence.

WORKSHOP

Cultivating Your Leadership

For emerging leaders

Leadership ingredients and courageous followership.

WORKSHOP

Seeing Our Blind Spots

For hiring managers

Implicit bias, the IAT and a fishbowl mock interview.

04 FACILITATION

Run the room with confidence.

WORKSHOP

Public Speaking for Nonprofit Leaders

For nonprofit leaders

Openings, nerves, delivery, slides and virtual talks.

TRAINING

Making Meetings Work

For session facilitators

A shared standard for running leadership sessions.

EVERY SESSION INCLUDES

Handouts, worksheets and hands-on activities.

SUGGESTED PATHWAYS

Design series — Foundations of HCD → Inside Out (ABCD) → Co-Creation in Community → HCD & Gun Violence

Leader series — Four Principles → Cultivating Your Leadership → Public Speaking → Making Meetings Work