

McKinsey.org

Ready to shape  
your future?

Take a step Forward.



# The world is changing. See the opportunity?

The future expects more from all of us. Whether starting off a career or getting ready for a new chapter, the right skills and mindsets open doors to new possibilities.

McKinsey.org Forward equips individuals with practical tools and essential skills to thrive in the future of work.

Because we believe everyone should have the opportunity to succeed, no matter their background.

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## The journey starts here

We've always been inspired to nurture great talent. Now we are sharing the best of McKinsey to help more people succeed – at no cost.

100,000+ people complete our learning program every year and take their step Forward.

They've built confidence, advanced their careers, and joined a global community of lifelong learners. Your turn.





# How Forward works

## Apply on the website

Applications open twice a year – you can check eligibility criteria and register your interest at any time to stay informed about upcoming application windows.

## Complete the Core Skills Level

Participants build practical, must-have skills through interactive online courses and webinars. You'll explore essential workplace capabilities while applying what you learn through reflections and real-world practice.

*10-week program, 2 hours per week*

## Earn a digital badge

Complete the program and showcase your achievement across professional networks. This is a proof of your commitment to growth.

## Join the Network Level

Join our vibrant global community of program alumni. Access exclusive learning opportunities, connect with peers, and pay it forward through volunteering.



**At the end participants are equipped with skills that last a lifetime.**

# Forward builds the skills that matter

## Adaptability & Resilience

Develop the mindsets and habits that keep you flexible and resilient, especially in times of change.

## Problem Solving

Learn to break down complex challenges and prioritize tasks in a structured way.

## Communicating for Impact

Discover how to plan and structure your communication to inspire action across different audiences.

## Relationships & Well-being

Build strong workplace relationships while managing your well-being for sustainable success.

## Digital & AI Essentials

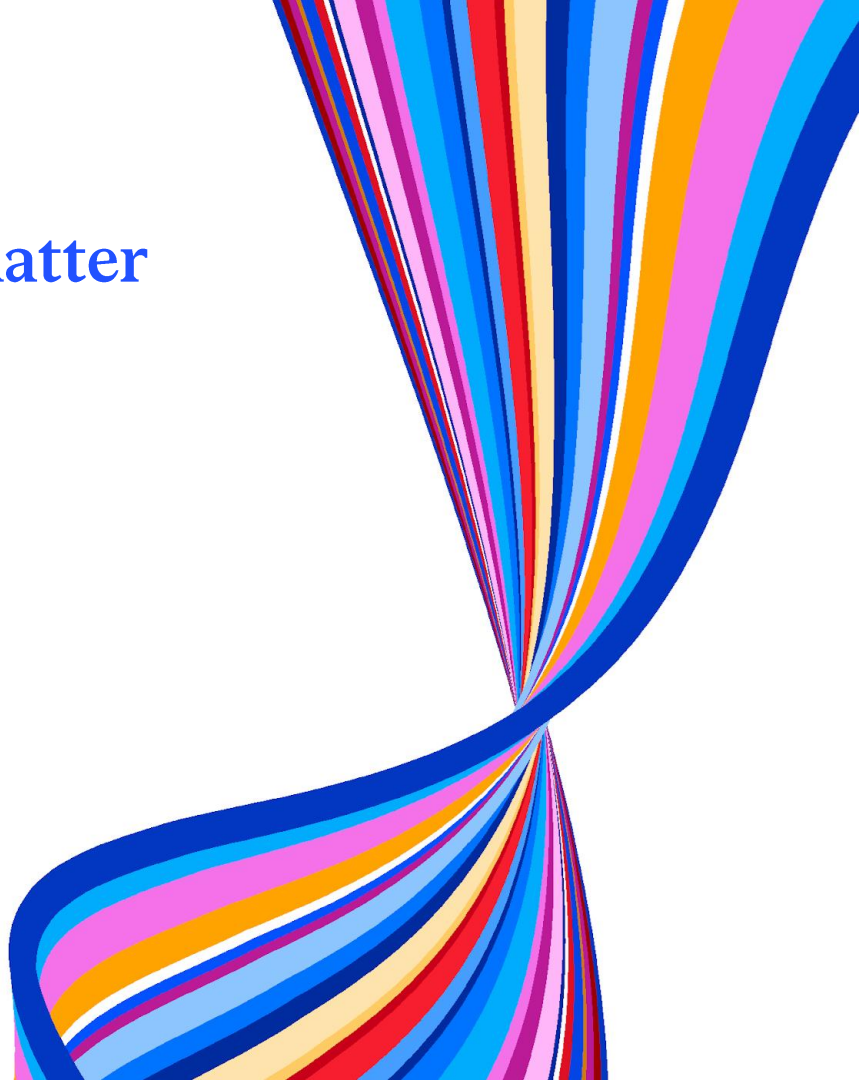
Build understanding and mindsets around digital and AI with examples and tips to expand your toolkit

## Lead Forward Webinar

Go deeper with McKinsey experts in an interactive live session. Put your new self-leadership skills into practice and connect with fellow learners in real time.

## Space Miners Agile Simulation

Put agile principles and communication strategies into action through an engaging, team-based simulation. Strengthen your Forward skills while collaborating in real-time.



“McKinsey.org Forward opened me to a new world of possibilities and gave me a toolbox I can draw from in any situation. I learned so much about myself, things I knew but was not applying. It's a beautiful thing to walk in confidence, especially if you didn't have it before. I can't overstate the impact Forward has had on my life.”

– Portia, South Africa



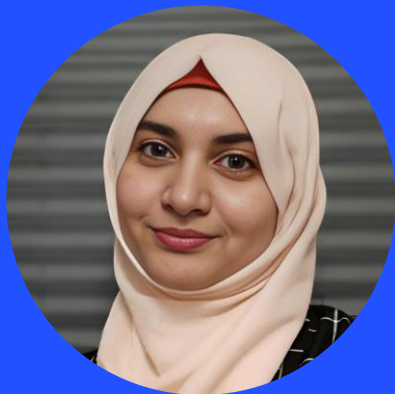
“My boss recognized and celebrated the positive change in me, even before I noticed it myself! The McKinsey.org Forward program made me more intentional with my communication across my company, which led to better results, more sales and higher customer satisfaction.”

– John, United States of America

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“I've noticed significant improvement in my interactions, relationships and overall growth after completing the McKinsey.org Forward program. The learning is hands-on and interactive and the case exercises really spark your curiosity.”

– Sana, India



“Before McKinsey.org Forward, new challenges often made me feel apprehensive. The program helped me shift my mindset, and I now see challenges as opportunities to grow. I communicate with more clarity and purpose and am building stronger relationships with my colleagues.”

– Filipe, Brazil

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“Being part of the Forward journey with McKinsey.org was like having a personal coach for my career, helping me recognize and address patterns in my behaviours. Originally overwhelmed by a change in my role, the tools helped me embrace the opportunity and navigate the challenges. I grew quickly in my new role.”

– Monica, Italy



“The McKinsey.org Forward program offered me an outstanding experience full of essential insights for career growth. I learned valuable strategies and frameworks to shift my mindset and build strong working relationships, I highly recommend this program to all future professionals, especially those re-entering the workforce.”

– Sattam, Saudi Arabia

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Join the movement

220,000+

learners completed the program and upskilled

99%

of alumni recommend  
Forward to others

96%

of alumni feel more  
confident in their skills

65%

experienced career growth  
within three months of  
completing Forward

130+

countries where  
Forward is available

Footnote: captured on December 2025



## Who is the program for?

### Forward is for people who are:

- ✓ Career starters looking to build essential workplace skills
- ✓ Job changers seeking to reskill for new opportunities
- ✓ Anyone ready to invest in their future and growth and connect with a global community of learners

## Who is eligible?

- ① Live in a country where Forward is available
- ② Are working or have prior work experience (including internships or apprenticeships), or are preparing to start work sometime in the next 12 months
- ③ Have less than 5 years of total work experience\*\*
- ④ Have completed at least a high school education or equivalent (e.g., GED)
- ⑤ Have a good command of English or Latin American Spanish

\*\* Applicants with more than 5 years of experience may still be eligible if they work in the nonprofit/NGO sector, a non-corporate setting, or in non-managerial roles.

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Success starts with a single step.

With Forward, skills and mindsets are shaped to meet the opportunities of tomorrow.

Free • Flexible • Transformative  
10 weeks • 2 hours per week • Available in +130 countries

Learn more at [www.mckinsey.org/forward](http://www.mckinsey.org/forward)



# The future awaits

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# About McKinsey.org

We share the best of McKinsey at no cost – so people are more ready to reshape their careers and nonprofits are more ready to deliver their missions.

Our mission is simple: Help more people succeed.

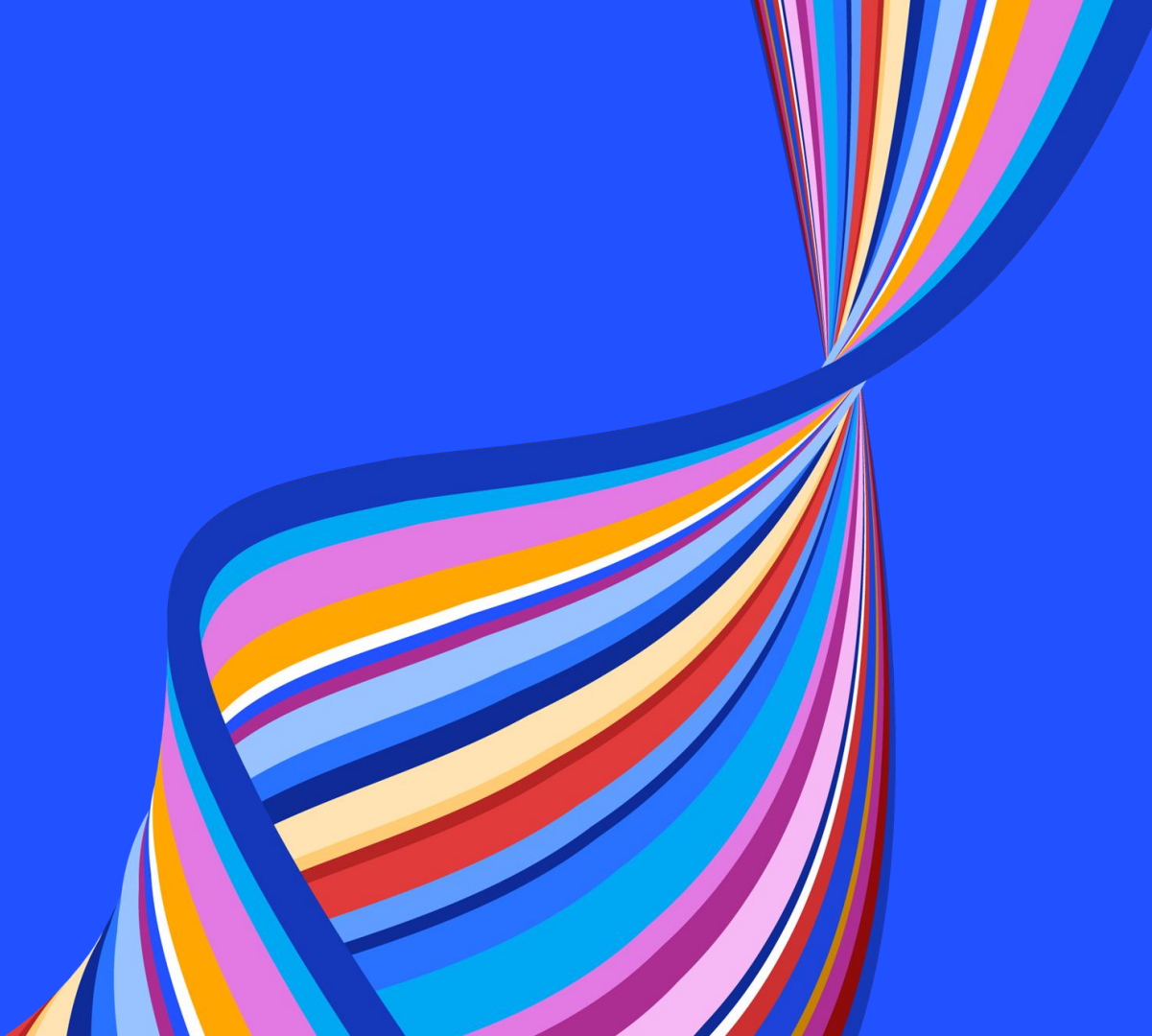
For nearly 100 years, we've been building the skills that help people navigate complex challenges. Now we're bringing these capabilities to anyone with the determination to grow.

#TakeaStepForward

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**Take the next step**  
Your journey starts now.

