

McKinsey.org

# Ready to shape your future?

Take a step Forward with our free skill building program

**McKinsey.org Forward** is a free online learning program that helps you develop new ways of thinking, expand your skills, and grow your confidence – so you're ready to succeed in the future of work.

[Learn More](#)

## McKinsey.org Forward learning journey

### What awaits you

- ✓ 10 weeks of interactive learning
- ✓ Essential workplace skills that open doors
- ✓ Global network of lifelong learners
- ✓ Digital badge to showcase your achievement

### Skills you'll build

- ① Problem Solving
- ② Communication for Impact
- ③ Digital and AI Essentials
- ④ Adaptability & Resilience
- ⑤ Relationship Building
- ⑥ Well-being at Work

### How it works

**Core Skills Level (10 weeks)**  
~2 hours per week at your own pace

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

**Network Level (Ongoing)**

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

## Are you eligible?

**Forward** is for people who:

- ① Live in one of the 130+ countries 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.

## Ready to make your move?

With **McKinsey.org Forward** you'll have the skills and mindset to meet whatever comes your way.

**Free • Flexible • Transformative**

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

Apply at [mckinsey.org/forward](https://mckinsey.org/forward)

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