

Welcome to Connection Lab - a deep dive into relational communication. It is an opportunity to better understand the connection of people to their content, craft, character and values – then ultimately to their audience. In this workshop we explore questions about relationships, communication and presentation such as;

- Do the needs of my audience outweigh my needs as a presenter?
- How do I invite the audience to inform my content?
- What's the difference between being seen and being looked at?
- Who decides the difference?
- How effective is my preparation for a presentation?
- Who decides if I am a good leader – my audience or me?

Connection Lab is a unique, blended methodology born of the principles of the performing arts as pioneered by Sanford Meisner, Michael Shurtleff, Ray Birdwhistle, Lev Vygotsky and many others.

Connection Lab learning is experiential. Each participant will generate some content in the room then stand up and discover how they show up as presenters with real time feed back from a live audience. This active participation will help create a clear distinction between our relationship to our content and our relationship to our audience. It is also layered work where key principles are discovered and effective practices are stacked on top of each other for maximum impact.

The exercises of Connection Lab are very flexible and easily molded into one-on-one coaching, small group facilitation or full-blown workshop modules. We begin with the primary principle of good communication – relationship.

Relationship - Connecting With The Audience

- Meeting your audience with curiosity and investigation
- Seeing your audience rather than just looking at them
- Inviting your audience to inform your content
- Be present for your impact