

Lab Notes



The Podcast

Brought to you by Connection Lab - communication and leadership development services

The Lab Notes Podcast invites guests to focus on one of the three primary questions that they are working on - and how that one question applies to one of the three primary relationships. Conversations will revolve around how they are practicing and what they are discovering.

Three primary QUESTIONS	HOW DO I SHOW UP UNDER STRESS?	HOW DO I WANT to SHOW UP UNDER STRESS?	WHAT DO I WANT to GET BETTER AT?
Three primary RELATIONSHIPS	SELF	CONTENT	AUDIENCE

Conversations may also include these

DISTINCTIONS,
QUESTIONS
&
INVITATIONS

WHAT'S the DIFFERENCE BETWEEN:
TRAINING < > DEVELOPMENT
LEADERSHIP < > AUTHORITY
AUTONOMY < > COMMUNITY
THEORY < > PRACTICE

PERMISSION
(to FAIL OR SUCCEED)

WHAT'S the BEST THING
THAT CAN HAPPEN?