

Communication, Presentation and Leadership Development



Great business
starts with
effective
communication



Mission

Our mission is to co-create a world of great communicators.

For the last 9 years, Connection Lab has delivered workshops and executive development programs around the world. From mining and technology to finance and tourism, companies with thousands of employees — to small start ups and charitable organizations, Connection Lab is both introducing and sustaining effective communication practices on a global scale.

Effective communication is at the core of collaboration.

Speaker and audience are in this together — related experiences but each unique. Understanding what we control and what we don't as communicators and team members is the beginning of the journey. Curiosity, invitation and making an offer to an audience that feels seen and heard is how you can fulfill the potential of your organization.



“We’ve used Connection Lab for leadership development across the company, and received feedback that it’s the best training people have ever taken.”

- Cathy Hawley Co-Founder, Bolster

Methodology

Connection Lab is a communication methodology with a proven track record across the marketplace in more than 10 countries with thousands of graduates world wide and growing every day.

The foundational methodology of Connection Lab is rooted in the Six Box Model: three primary questions that we use as lenses to observe the three primary relationships. The 6-Box Model is an effective deconstruction of the nature of communication and an awareness of how each of us shows up uniquely under the stress of our realities and how it may impact our communication.

This framework is embedded in all of the Connection Lab modules. As we explore the principles and practices of effective communication, the 6-Box model offers an opportunity to see how we show up under stress, decide if that's how we want to and practices new competencies that will close the gap. Along with improved communication, participants create a shared language and culture around their communication, presentation and leadership development.



Connection Lab SIX BOX MODEL for Improved Communication



“The way the Connection Lab workshop is structured this experience is very simple, yet very powerful. People didn’t expect something so simple to be so powerful and that it was very easy to see at the end of the session.”

**Javier Careaga – Director de Operaciones Estudiantiles,
Universidad del Valle de México**

Our Services

Connection Lab services offer the following options, all of which may adapted to larger program offers:

- * **Experiential Workshops** - Online group, professional or executive workshops for effective communication, presentation and leadership development (Modules 1-6).
- * **Coaching services** - 1:1 executive coaching helps reconcile and enhance the workshops experience and supports individual needs and professional development objectives.
- * **Internal Program design** - Connection Lab can partner with all departments to assist and support their various internal program design efforts. Connection Lab design elements can be embedded in professional development, management training, organizational development and corporate universities. Connection Lab communication themes and techniques make all other training programs more effective.
- * **Executive Meeting Facilitation** - From brief discovery conversations with each of the participants to effective meeting management, a professional facilitator offers the opportunity for more productive and efficient discussions.
- * **Offsite & Keynote** - includes assistance developing your off-site goals, designing & facilitating engaging programs and speaker coaching for executive presentations as well as keynote address on Thriving in the Communication Age.



Real-time Feedback

Connection Lab learning is experiential – and participants are required to practice and play with exercises to discover their value per individual – with real time feed back from a live audience.

Rooted in Practice

Connection Lab is a unique, blended methodology born of the study and practice of effective communication and the principles of the performing arts.

Maximum Impact

It is also layered work, where the active exploration of principles are stacked on top of each other to create a foundation upon which different content can become interchangeable and modified for maximum impact.

The Six Modules

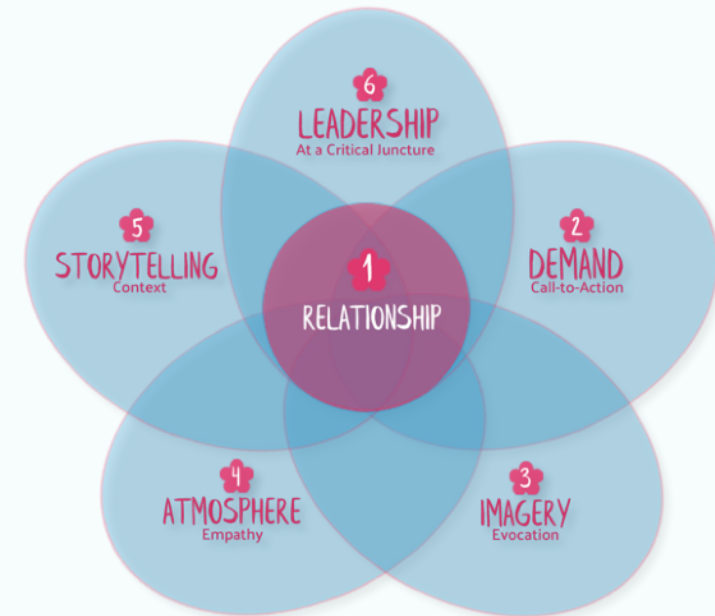
The six workshop modules each explore foundational principles of communication. Theory is discussed at the beginning of each session, then participants will experience the process as both audience and presenter during each session. While the Connection Lab Program is flexible and customizable, there is a core curriculum. Ideally, the program should be experienced sequentially as each principle builds on the last.

1: Relationship/Discovering the Audience

This is the foundational session for all Connection Lab work. In it, participants reframe their understanding of what relationship and communication are. This experience reveals that our relationship to our audience includes competencies different from those supporting our relationship to our content and our relationship to ourselves. We practice putting connection with the audience ahead of our content.

2: Demand/The Call To Action

Now that our audience feels seen, heard and invited to inform our content — calling them to action becomes a trust building practice. In this module we combine the practices of connecting with our audience to making effective demands and calling them to action. Participants learn both about the power of effective demands and the challenges that emerge when they are missing.



Workshop Offers

- **Online Group Workshops Modules 1-6**
 - 3 hrs on Zoom / 6 participants
- **Online Executive or Professional Programs**
 - Discovery with participant to customize program to their needs
 - 3 hrs on Zoom / Outside audience offered
 - Follow-up coaching
- **Coaching Services**

3: Imagery/Imagination

With the principles and practices of the first two sessions now available — we add to the framework by adding how to harness the imagination of our audience through imagery. In this module we discover how to tap the imagination of the audience and explore best possible outcomes for individuals and the business they support. We explore the competencies around how to demystify and re-conceptualize our processes, systems and structures. Participants discover the power of co-creation and collaboration.

4: Atmosphere

Participants now have the principles and practices of the first three modules to build on — as the journey leads us to an exploration and experience of atmosphere. If it's true that our audience informs our content, in this session we discover how the atmosphere informs our content as well. In this module, participants experience the power of artifact creation, environmental modification and the power of aesthetic. In this module we explore how our environment affects our relationships, our calls to action and our collective business outcomes.

5: Storytelling

After the first four modules — we now gather those principles and practices and pivot into exploring the power and the competencies of storytelling. In this module we learn the spine of a story, we practice creating and sharing stories. This module gives us the experience of sharing values, ethics, morality, calls to action and outcomes in ways that are fully transferable to our business. We assemble the pieces of the other modules to move and motivate each other and our extended audience in the sharing the stories of the journey so far. We explore the nature of stories, their history and participants discover the powerful storytellers each of them are.

6: Leadership

We have the principles and practices of five modules now — this last module is spent exploring the nature of leadership at all levels of business and community. Participants experience the distinction between leadership and authority by bringing in text from people they look up to and follow. We also come full circle on the application of the 6 Box Model by discovering how we show up under stress, which of our skills and abilities disappear under stress and practicing choosing how we show up under stress instead of our stress deciding for us. Participants explore what executive presence is, how it is different for everyone, what they control, what they don't and the reclaiming of wasted energy. The path of experiencing the first 5 modules leads us to this — the nature of leadership.



“My Connection Lab experience was profound. It was one of the best learning experience because it was experiential learning. It was learning in action.”

**–Brenda Geil – Organizational Development
Specialist – Canpotex LTD**

Clients

“My Connection Lab experience has opened a new door to my professional development. I see the benefits of my program in both my work and personal relationships, my staff is more responsive to me, as is the most senior management.”

– **Chris Hamel P. Geo District Geologist, Exploration, Cameco Corporation**

“My Connection Lab experience was profound. It was one of the best learning experience because it was experiential learning. It was learning in action.”

– **Brenda Imes – Organizational Development Specialist – Canpotex LTD**

“Equipped with the skills and methods I’ve learned through Connection Lab, I was able to help a group of eight senior leaders in ways that I simply could not have done before. One of the participants came up to me and said it was probably the most valuable time he has spent in his entire career from a developmental standpoint.”

– **Mark Frein, Chief People Officer, Lambda School**

“And what I’ve found was that I got so much more value out of it than I ever could have imagined. I look at this program as just like a true watershed moment for finding a voice that I didn’t know I possessed and finding a comfort in myself that didn’t feel achievable to me.”

– **Holly Enneking, Vice President, Marketing at Lev**

“This was one of the best training I’ve ever experienced. Highly engaging, very valuable. I am already applying the things that I learned. Very much recommended!”

– **InVision Participant**

“What struck me about the catchphrases was that as you thought about each one and you peeled back the onion, there was always more to it and more to it. Early on I got the sense that someone had had a lot of experience helping people come to realizations, both slowly and then all at once.”

– **Eric Edelman, VP of Platform at Common, GM of Noah**

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