

# Connection 101 for the CWRU Community!

Research shows that "the quality of our lives is largely determined by the quality of our relationships."

Join Connection Labs and members of our CWRU community to learn about, explore, and discuss how relationships impact our lives and what we can do to strengthen them. In this 8-session virtual, facilitated series, you will learn essential skills and a strengths-based approach to boost communication and connection with the people in your professional and personal lives.

## CONNECTION 101 WINTER WORKSHOP DATES + TIMES:

Tuesdays, 12:30-1:30pm ET

Starting January 28 - final session March 18

+ Additional 60-90 min of essential, independent prep work before each session

Session 1 - Orientation: The Why & How of Connection

Session 2 - An Introduction to Character Strengths

Session 3 - Leadership

Session 4 - The Nuances of Character Strengths

Session 5 - Psychological Safety

Session 6 - Trust

Session 7 - Communication

Session 8 - Me, 101

**Learn more and register by January 10th.**

*"Connection 101 is a beautifully designed learning experience, with skilled facilitators, expert management of the remote learning environment and well researched materials. But more than that, I found the workshop series to be a joyful journey in community with others. I highly recommend the workshop series to anyone who wants to connect and communicate with those around them (at work and at home!) more effectively!"*

– Kathy Davies, Managing Director, Life Design Lab, Stanford University



**What we do:** We design and facilitate virtual learning experiences to encourage individuals and teams to step outside their comfort zones and equip them with the tools to build strong relationships. [Click here for more information about the program overview.](#)

**How we do it:** Our workshop series is a balance of asynchronous & virtual synchronous learning. We introduce information, tools, and frameworks, and structure guided conversations so participants can learn from one another. Our content is research-based and [participants report](#) that the experience is "sticky" and has lasting impact. [Visit the workshops page on our site for more information about what you'll learn in our 8-session series: Connection 101.](#)

**Why we do our work:** [The research is clear](#) that when people have strong relationships, they lead healthier, happier, more meaningful lives— in all contexts.

