

Join our Winter Workshop!

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

Join Connection Labs and a cohort of CWRU community members 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.

2026 CONNECTION 101 WINTER WORKSHOP DATES + TIMES:

Wednesdays, 1:00-2:00pm ET

Starting February 4th - final session March 25

+ 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

"Connection Labs has been an absolute game-changer for me. This course not only transformed my communication skills but also empowered me to navigate social situations with ease. I've gained clarity around my boundaries, and become a more empathetic teammate. If you're looking for a transformative experience that enhances both personal and professional aspects of your life, I highly recommend joining Connection Labs!"

– Liz Gleadle, 3x Olympian, Keynote Speaker



"This program takes a deep dive into critical professional development concepts that enhance one's ability to better understand themselves and to more effectively work with others. One of the most positive experiences I've had in a workshop."

– CWRU participant 2025

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.

