

THE CENTER FOR HUMAN ENAGEMENT

# Humans are built to connect.

Engagement is a competency.  
We teach it.



**12+**

years of practice

**96%**

satisfaction rate

**10k+**

humans engaged

[www.connectionlaboratory.com](http://www.connectionlaboratory.com)

# Practice human connection in real time.

Connection Lab is a laboratory for human connection — where communication, performing arts, and ontological coaching converges to help people lead, present, and relate with full engagement. **We don't teach presentation skills; we develop the whole human who communicates.**

DISC, MBTI, StrengthsFinder, 360s — we know these tools firsthand. They're accessible, they build a shared language quickly, and the debrief is often the best conversation of the quarter. And then everyone goes back to work. The labels stick, but the behavior doesn't change.

Connection Lab works where these tools stop. Drawing on the principles of the performing arts and ontological coaching, our experiential workshops build the live, embodied practice of human engagement — in the room, under pressure, in the conversations that determine outcomes.



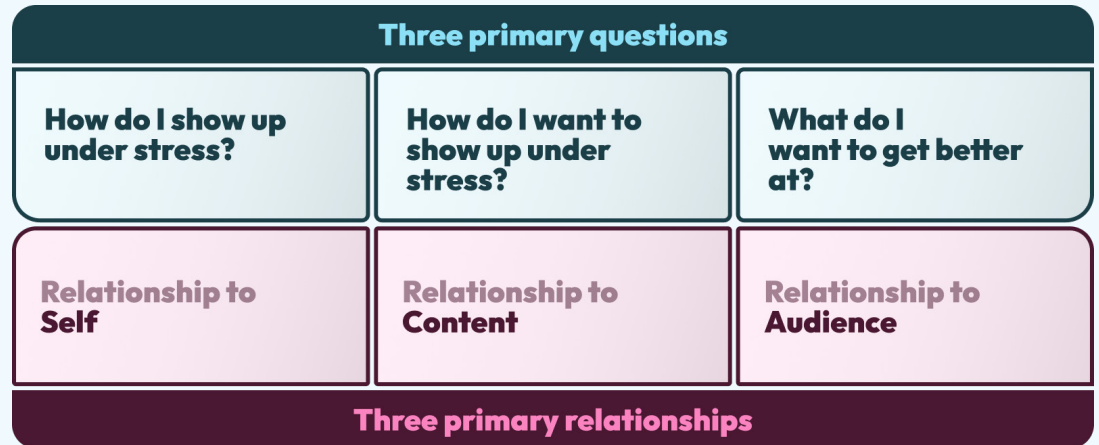
*"The world of digital saturation needs a counter-balance, and Connection Lab answers that call."*

— Russ Hamilton, Founder & CEO

# Our Dynamic Methodology

Our focus is on better collaboration and human engagement. The Six-Box Model is a portal into a shared practice: three primary questions, applied to three primary relationships.

It scales from personal development to teams, functions, and whole organizations — an ongoing exercise in curiosity, choice, and grace, for yourself and for others. The more presenters and audiences collaborate, the more potential is revealed.



## QUESTION 01

### How do I show up under stress?

What abilities do I lose under stress that I have in abundance when relaxed? Does my audience know more about this than I do?

## QUESTION 02

### How do I want to show up under stress?

Will I let my stress choose how I show up — or reclaim that choice for myself?

## QUESTION 03

### What do I want to get better at?

If there's a gap between how I'm showing up and how I'd choose to, what competency closes it?

## QUESTION 04

### Self

How's my breathing? How's my sleep? Am I kind to myself? Can I notice without judgment or correction?

## QUESTION 05

### Content

What is my content, and what value am I bringing? How much of it is my own experience versus someone else's?

## QUESTION 06

### Audience

Does my audience feel seen and heard — and invited to inform my content? Who decides? The audience does.

# The Six Modules of Connection Lab

Public workshops move through Modules 1-3. Enterprise programs work through all six, custom-sequenced for your team.

## MODULE: Relationship

Curiosity and invitation are competencies — and prioritizing your relationship with the audience over your content is a choice. When your audience feels seen and heard, a whole new world of collaboration emerges.

## MODULE: Demand

Now that the audience feels seen and heard, calling them to action becomes a trust-building function rather than a trust-diminishing one. Your audience now has an appetite for action verbs, not passive ones.

## MODULE: Storytelling

Storytelling is essential for sharing context, values, ethics, and vision — but perhaps most importantly, it's what we humans do under stress. Understand the craft of storytelling and lead with it fully.

## MODULE: Atmosphere

Building empathy with others also raises to consciousness the power of our environment. How to design our atmosphere to support what we are in service of is a critical element to fulfilling our potential.

## MODULE: Imagery

Imagery is the means to harness the imagination of our audience. When we describe our vision using the language of touch, sight, sound, and even taste, the audience will generate their own experience of our offer — and make it their own.

## MODULE: Leadership

When your audience feels seen, heard, and effectively called to action, expect people to want your presence, your opinion, and your vision. Leadership doesn't exist until someone follows you, and when they do in numbers, managing leadership becomes a critical competency.

## Public Workshops

Open enrollment. Cohorts of four to six, live online or in person, moving through Modules 1-3. Come solo or bring your team.

## Enterprise Programs

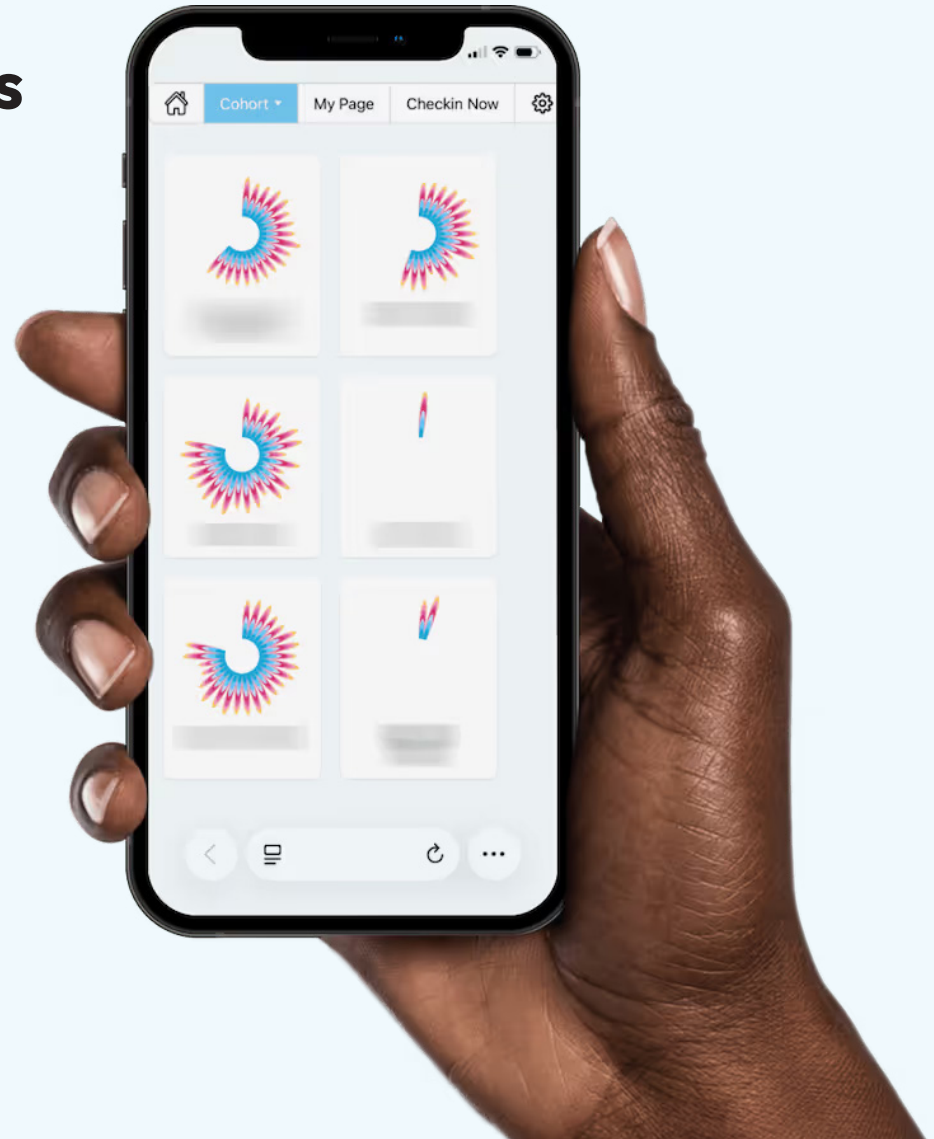
Custom-quoted for intact teams of 5-500 employees. All six modules, sequenced over 3-6 months, with group coaching alongside.



# The Lab Pass Check-in keeps the work alive.

A workshop ends with a glow of energy. Lab Pass is how that warmth becomes a habit — a practice app designed to keep the Six-Box Model active in daily life, long after the session ends.

- **Track your Six-Box**  
Check in on how you're showing up, and what you want to practice next.
- **Stay in relationship**  
Keep shared language and support visible with your cohort between sessions.
- **Build continuity**  
Turn workshop ideas into repeatable habits — relationship, repetition, and support.



# What people say after their experience.

“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**  
CEO & Co-Founder, Bolster

“I learned a ton of actionable practices regarding presentation and leadership I could apply to my role — much of this can be used in life. That’s such a win.”

**Kendra Ferraro**  
Executive Operations, OpenAI

“My Connection Lab program became a watershed moment — where I found a voice I didn’t know I had and a comfort in myself that once felt unattainable.”

**Holly Enneking**  
VP of Marketing, Markup AI



Youth Programs



Keynote Address



Team Building

# Transformational experiences



## Corporate offsite testimonials:

<https://www.youtube.com/watch?v=8n7tqLq3YVA>



## Connection Lab Podcast: Lab Notes with Russ Hamilton

Conversations with participants.

<https://podcast.connectionlaboratory.com>



**Connect with us!**

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[Schedule a Discovery Call](#)