

Connection is efficiency.

The most effective teams are the most connected.

The Connection Course is a live, three-week course that trains the capacity underneath feedback, hard conversations, and leadership. It runs online, fits around a full workload, and is built on practice rather than lectures, so the skills land in how you work.

What makes it worth it

- **Hard conversations get more enjoyable:** You stop avoiding high-stakes interactions, from giving feedback to navigating conflict to the talk you've been putting off.
- **Teams get unstuck:** Most of your biggest "team problems" are nervous-system problems, not strategic ones. You learn to read them and work with them, and the work speeds up.
- **Less friction, more focus:** Quiet the self-criticism and reactivity that drain energy and slow teams down.
- **Training that compounds:** Practiced live, with real people, on real problems. The skills integrate into daily work and keep paying off long after the course ends, instead of fading like a workshop.

The essentials

Format	Live and online: guided partner exercises and facilitated group debriefs. No lectures, no written assignments.
Time	3 weeks · 6 live sessions of ~2.5 hrs · ~15 hours all in
Schedule	Two sessions per week, each offered at two times of day, so you can join from any timezone
Cohorts & pricing	Cohorts run throughout the year. View dates & apply

The track record

2,500+ course alumni 96% completion rate



"The Connection Course made me a better executive, business owner, and human."

Jenny Wood, Author, Speaker & Former Google Executive

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