

Title: CONNECT - Build relationships swiftly & authentically

Description

Learn how to connect with others quickly and authentically from both a leadership and a followership position. Taught by an internationally recognized tango artist, instructor and executive coach, these reliable and intuitive techniques prepare you to cultivate a genuine personal link in seconds, even with strangers.

Whether tuning in for a short meeting or building relationships over time, connection skills lower stress, improve communication, and help you navigate feedback with grace. Strong connection skills also reduce errors, save time, and lay the foundation for new ideas to emerge and develop.



Learning Objectives

By the end of this course, you will be able to...

- Build work relationships more skillfully and confidently
- Facilitate inclusive conversations
- Manage your credibility better
- Give and receive respectful feedback
- Speak clearly with a calm mind and body
- Support others with focused attention

Who the Course is For

This course is for managers, individual contributors, HR professionals, and client-facing technical professionals looking to connect with others easier and have a greater, more positive impact.

Curriculum

- My Inspiration
- Introduction to Connection Skills
- Leadership Skill: Communicate Clearly
- Followership Skill: Grant your Full Attention
- Leadership Skill: Facilitate Participation
- Followership Skill: Mindful Participation
- Leadership Skill: Keep Others Safe
- Followership Skill: Choose Trust
- Leadership Skill: Give Feedback with Care
- Followership Skill: Receive Feedback with Grace
- Congratulations!

Bio

Sharna Fabiano is an internationally recognized tango artist and the author of *Lead & Follow: The Dance of Inspired Teamwork*. Over the course of her twenty-year dance career, she toured over a dozen countries, designed partner-based movement courses for universities, and founded a non-profit tango school. An original voice in organizational development, she has translated her improvisational movement training into a system of relational techniques that enable professionals in any field to connect at lightning speed in order to collaborate and co-create more successfully. Sharna is a certified coach and completed her MFA in Dance at the University of California Los Angeles.