



YourBiggestGift.org

CONNECTION LAB

Conversational Gifting

Your Biggest Gift (YBG) is a social movement that fosters meaningful connections by promoting **Conversational Gifting** –the practice of leaving people feeling better or better understood through active listening and acknowledgment . Our free Connection Labs and online guide make it easy and fun to practice.

Connection Lab

The Connection Lab is a fun, energizing workshop that teaches Conversational Gifting through a series of paired and group activities. It can be customized to run for 20- 90 minutes and is a perfect fit for social events, parties, corporate meetings, and online gatherings.

How it works: After a brief introduction and live demonstration, participants pair up for two rounds of 10-minutes, taking turns practicing as both Gifters and Giftees. They then join small groups of 4 to reflect on the experience. Finally, everyone comes back together to share insights.

Introduction
(8 min)

Pairing 1
(10 min)

Pairing 2
(10 min)

Groups
(8 min)

Closing
(8 min)

Testimonial

"The Connection Lab was a beautiful reminder to center our conversations around others, to ask questions and to truly listen. This experience enlightened both my heart and mind, encouraging me to be more present and attentive to the people around me, including strangers. I left the event feeling uplifted and ready to connect with more intention! I want to share Your Biggest Gift with the world." – Kris 10/30/2024

Social Events



Meetings



Online



For More information visit: www.YourBiggestGift.org

To schedule a Connection Lab contact Jesse at: jesse@karras.com or (858) 228-6808

