

Contact

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FORMAT:

Dyad exercise.

Duration: 20 minutes

PURPOSE:

In order to create possibility for others you must first be able to be in contact with them. This exercise is to learn a little more about contact.

SETUP:

Chairs cleared.

Dyads, standing and facing each other.

INTRO / BACKGROUND:

Talk about what contact is:

- Mothers with babies.
- We long for contact. Contact as nutrition.
- Establishing contact is like calling someone on the phone and having them pick up the phone. If they don't pick up the phone you cannot communicate.
- The better the contact, the better the communication succeeds.
- There are some people who live their lives without real contact.
- You can be in contact with people in the world and bless them.
- Contact is crucial between members of a successful organization.

INSTRUCTIONS / PROCEDURE:

"Choose a partner, men with men and women with women."

Then you borrow a partner and demonstrate. Choose one of the male leaders.

Contact is about being, not about doing. We can BE in contact with each other.

Contact is first established by saying, "Hello".

Put up your hands and have them do the same. Your hands touch their hands, palms together.

Say, "I will be in contact with you. You move your hands around. I will follow and support. Contact is about following and supporting."

Have them begin. Go around and coach people to keep eye contact, no talking, pay attention that they don't make this silly and thus destroy the opportunity to learn something important, to slow down, and to notice when the other person is successfully in contact with them.

Then have them stop, pull their hands away from each other about one inch, and keep going for about 2 minutes.

Have them switch roles and start again with "Hello."

Have them stop and sit down.

DEBRIEF:

Ask, "What did you experience?"