

Making Authentic Contact

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FORMAT:

Dyad process

Duration: 60 minutes

PURPOSE:

Learn to make authentic contact.

SETUP:

People spread in dyads in the room and sit facing each other.

INTRO / BACKGROUND:

- - -

INSTRUCTIONS / PROCEDURE:

Find yourself a partner you don't know, spread in the room and sit facing each other. One person in each pair put your hand up. You are the Nacktschnecken. The others are the Tintenfische.

Ok, Nacktschnecken, you try to make contact. Imagine you meet this person for the first time on a party, in the hotel lobby or at the bus stop. Get in contact with this person.

1. Nacktschnecke makes contact with Tintenfisch. (3 minutes)

Tintenfisch gives feedback about what worked and what didn't. What did you miss? Was the contact authentic? Did the person just speak from her mind? (1,5 minutes)

Tintenfisch stays in the chair. Nacktschnecke chooses new partner.

2. Nacktschnecke makes contact with new Tintenfisch (3 minutes)

Tintenfisch gives feedback about what worked and what didn't. (1,5 minutes)
Now Tintenfisch changes places. Nacktschnecke remains in chair.

3. Tintenfisch makes contact with Nacktschnecke (3 minutes)

Nacktschnecke gives feedback about what worked and what didn't. (1,5 minutes)
Now Tintenfisch changes places. Nacktschnecke remains in chair.

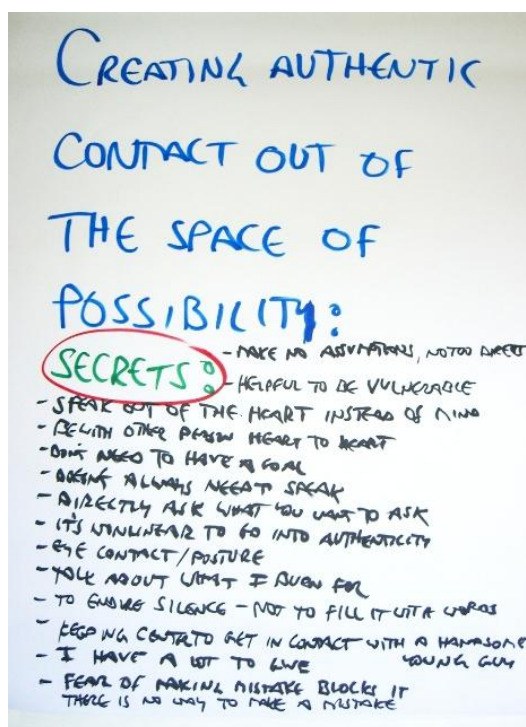
4. Tintenfisch makes contact with new Nacktschnecke (3 minutes)

Nacktschnecke gives feedback about what worked and what didn't. (1,5 minutes)

DEBRIEF:

Ask the participants to share about their experience.

Ok, stay in your chairs. What did you learn? What are the secrets when making contact?



Secrets of authentic contact:

- Make no assumptions, not too direct
- Helpful to be vulnerable
- Speak out of the heart instead of the mind
- Be with the other person from heart to heart
- Don't need to have a goal (i. e. I don't need to sell my trainings)
- Doesn't always need to speak
- Directly ask what you want to ask
- It's nonlinear to go into authenticity
- Eye contact/posture
- Talk about what I burn for
- To endure silence – not to fill it with words
- Keeping center to get in contact with a handsome young man
- I have a lot to give
- Fear of making mistakes blocks it. There is no way to make a mistake.
- Listen to the keys and step into the world of the other person
- Talk about my feelings