

Communication Skills

© World Copyright 2020 ff. by Clinton Callahan. For use by registered Possibility Trainers only.
(Revised: 12 August 2001 by Clinton Callahan)

FORMAT:

Dyad process

Duration: 30 minutes

PURPOSE:

To learn and practice fundamental communication skills.

SETUP:

Get in dyads. Sit facing each other spread out in the room.

Do Feedback/Coaching poster first as intro.

INTRO / BACKGROUND:

Communication persists until it is received.

Communication occurs in the mind of the listener.

Communication originates, is packaged, and is received.

Communication includes wrappings: feelings, tone of voice, mood, gestures, timing, volume.

Our mind is at war with our imagination. Mind has won. We can get our imagination back.

We will now do magical transformational stories. As trainer define *magical* and *transformational*.

Magical means:

- Surprising
- Non-linear
- Impossible
- Wonder-ful
- New perspective
- Unexpected
- Extraordinary

Transformational means:

- Something changes
- Something is learned
- Something is healed
- Something is completed

Effective story telling includes the following:

- Contact

- Entry through the right doorway (in relationship to you and other person)
- Describe present state
- Build tension
- Create outlook, perspective, expand from now into future reality
- Pause (tiny gap for it to settle or be)
- Magic
- Winding down
- Resolution that serves inclusion, spaciousness, intention, second state of being, resting in centeredness
- Departure

INSTRUCTIONS / PROCEDURE:

1) Start with 6). Then come back to it later.

One person says either: Define (a word) or Spell (a word). If the other person fails, the first person says, "Stop. You failed. Start again." Definitions and spellings come from the body, not the mind.

As trainer give examples:

- Define "eye"
- Define "gateway to the soul"
- Define "light"
- Define "God's blood"
- Define "green"
- Define "Life food"

- 2) Say NO. (Person gives commands, questions, etc. Listener must say NO to everything. Coaching: Is it authentic? Is it received?)
- 3) Say YES. (Question: Could you...? Listener must say YES to everything.)
- 4) One person gets the other person to be silent and they try to keep talking.
- 5) One person gets the other person to say something and they try not to. (This is the same as the GAP exercise where you try to get someone to laugh.)
- 6) Give instructions or commands, such as: Take the pen. Thank you. Put your hand up. Thank you.
- 7) One person says either: Define (a word) or Spell (a word). If the other person fails, the first person says, "Stop. You failed. Start again." Definitions and spellings come from the body, not the mind.
- 8) The other person is to respond nonlinearly, no matter what.
- 9) Tell a magical transformational story (story making). Do this 3 times in succession, with feedback and coaching, each time making up a story from an entirely new world, with new characters and a new situation.
- 10) Go! Behave consistent with the possibilities that you stand for. Feedback. Shift. Go.
- 11) Give your one minute presentation (groups of three)

Connect to the space of possibility. Every new possibility brings disorientation. It comes down to trusting possibility, because you are familiar with what being connected to the space of possibility feels like rather than understanding or accepting the possibility.

DEBRIEF:

Where do the stories come from? The stories are from worlds that already exist.
We simply go there and describe what we see.