

## Being and Speaking Next Culture

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(Revised: 28<sup>th</sup> June 2013 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Groups of 3.

Duration: 30 minutes

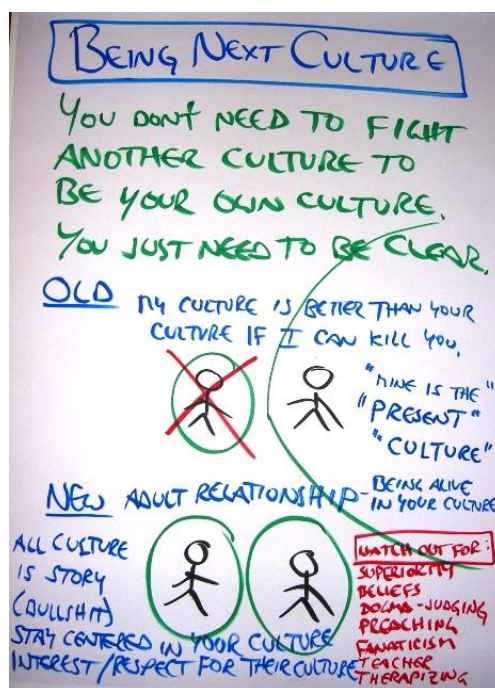
### **PURPOSE:**

Learn to hold next culture bubble while talking to people from a different culture.

### **SETUP:**

Groups spread in the room with their chairs.

### **INTRO / BACKGROUND:**



The new perspective is that all culture is story (bullshit). Even when somebody holds his culture bubble and says „mine is better, bigger, more dominant“, you can see that you both just have bubbles. Without low drama, without being adaptive.

The next exercise is about keeping your next culture bubble and being next culture while you are talking to somebody of modern culture. Talk to the other person and hold that she is an extraordinary person and that she has her own culture. Don't make any assumptions about what you think her culture is.

In next culture, it is not about me, it is about humanity, about serving.

**INSTRUCTIONS / PROCEDURE:**

- Get together in groups of 3
- Nacktschnecke holds next culture bubble and speaks from there (from all 4 bodies)
- Nacktschnecke chooses a person (friend, mother, colleague, who have their modern culture bubble) with whom she wants to talk after the Lab. Tell Tintenfisch and Coach who you pick.
- Tintenfisch roleplays person and asks “What have you been doing last weekend?”
- Nacktschnecke you talk to them without being arrogant, confronting, angry, weird, all those things your Gremlin could link into. And also without being a victim of their criticism.
- When you’re hooked, your coach gives you feedback.
- Coach beeps in between and gives direct feedback and coaching to the Nacktschnecke
- 15 min. per person

**DEBRIEF:**

Ask the participants to share about their experience.