

## **One Minute Practice**

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### **FORMAT:**

Spontaneous face to face exercise.

Duration: 1 to 5 minutes

### **PURPOSE:**

To practice creating nonlinear possibilities for people, to make contact, connection to people and provide immediate value.

### **SETUP:**

No specific setup. Wherever possible.

NOTE: Be careful doing this in the car, while the person you're giving possibility is driving. People might go into liquid state, which can be somewhat dangerous in a car.

### **INTRO / BACKGROUND:**

### **INSTRUCTIONS / PROCEDURE:**

Challenge someone with the following:

"I need to practice. Please give me one word from a topic on which you like to hear a talk."

Whatever the word they say, give a one minute presentation including a useful distinction and feedback and possibility for them.

After one minute, ask for feedback. Ask "How did I do? How could I do better next time?"

### **DEBRIEF:**

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