

## Handshake

The exercise that we are going to do is about listening, being present in the moment, and inclusion.

Have you ever had the experience of meeting someone for the first time, learning their name, and then very quickly forgetting it? We want to practice that moment, where we hear someone say their name, we give that moment the value that it deserves, and we retain their name in our memory.

Here's how the exercise works: Each one of you will walk up to someone and say, "Hi my name is Chris" that person will respond by saying "Hi, my name is Jenni." Let me demonstrate.

(At this point you walk up to someone and say "Hi my name is Chris" and they will say "Hi my name is Cindy.")

Now, my name is now Cindy. Cindy's name is now Chris.

(At this point you walk up to someone else and say "Hi my name is Cindy" and they will say "Hi my name is Umesh.")

Great, my name is now Umesh. Umesh's name is now Cindy.

(At this point you walk up to someone else and say "Hi my name is Umesh" and they will say "Hi my name is Frank.")

Great, my name is now Frank. Frank's name is now Umesh.

Every time you introduce yourself to someone, whatever name they introduce themselves as will become your name, and whatever name you introduce yourself as will become their name.

What are we working on? We are practicing that moment. The moment when we meet someone new, look them in the eye, and to give that moment the time and the value that they deserve. We want to practice remembering a person's name, practicing being emphatic to them. We want to communicate authentically with that person and give that initial moment of learning their name the importance it deserves.

At this time, I would love to have everyone stand up, and meet the people around you. Again, every time you introduce yourself, whatever name they introduce themselves as will become **your** name, and whatever name you introduce yourself as will become **their** name.

(Give it a few minutes)

Good!

## IMPROVMINDSET

- How was that?
  - Were you able to retain the person's name?
  - Did you find it difficult? Easy?
- (Open ended questions to incite participation. Whatever someone says in the large group setting, make sure to repeat it to the crowd so everyone can hear it)

### OPTION – Second Round

Let's try this again, with one twist: Each one of you will walk up to someone and say, "Hi my name is Chris" that person will respond by saying "Hi, my name is Cindy." Let me demonstrate.

(At this point you walk up to someone and say "Hi my name is Chris" and they will say "Hi my name is Cindy." Then you repeat "Cindy" and they repeat "Chris")

It's the same exercise, and this time we are repeating the name once or twice while still meeting the individual. So, I would like you to try that. Again, what are we working on? We are practicing the moment when we meet someone new, look them in the eye, and to give that moment the time and the value that they deserve. We want to practice remembering a person's name, practicing being emphatic to them. We want to communicate authentically with that person and give that initial moment of learning their name the importance it deserves.

(Give it a few minutes)

Good!

- How was that?
  - Were you able to retain the person's name any easier?
  - Did you find it easier? More difficult?
- (Open ended questions to incite participation. Whatever someone says in the large group setting, make sure to repeat it to the crowd so everyone can hear it)

It's a practice. And the practice is about listening and being authentic to others.