

manuel knight **ACADEMY**

Contact Exercise

Purpose

Give a physical insight into how it feels to lead, to be led and experience constant changes. Also; randomly give the participants a Special friend.

Duration

About 10 minutes

Preparation

Choose music – 4 different songs. Test the system in advance of the exercise.

How to do it

Introduce the participants to the exercise.

- Now we will do an exercise called the Contact exercise.
- Stand in pairs.
- I need a volunteer.

Demonstrate for the group how you want them to lead their partners.

- Hold up your right hand- connect with the volunteer. Ask the volunteer to close his eyes and lead him around.



- You will lead your partner around the room. Like this.
- We will do this exercise 4 times. Between each time I will give you new instructions.
- This is a quiet exercise- no talking.
- You can go wherever you want as long as you can hear the music.
- When I turn off the music we meet back here for new instructions.

- Have you understood the exercise?
- Be careful of the person you are leading

Put on the music and play song 1.

Stop the music, gather the group and let the participants change roles; those who led should now close their eyes and be led.

- Now we will do the same exercise but change roles!

Put on the music and play song 2.

- Now we will increase the difficulty.
- This time you can only lead with your index finger.
- And you must switch partners as much as possible.
- Let me show you.

Ask the volunteer again and an additional couple to help you demonstrate how to do it.

- Lead with one finger. Like this.
- Seek eye contact with other person leading and switch partners as much as possible.
- Do you understand the instructions?

Put on the music and play song 3.



Stop the music, gather the group.

- This is the last time we do the exercise.
- Change roles again; those who led should now close their eyes and be led.
- Remember to switch partners as much as you can, switch all the time.

Put on the music and play song 4.

Stop the music, gather the group.

-Now freeze/stay exactly where you are: What do you see?

-(The group is closer than during the 2 first times. This is because, in a situation, when we know we need each other, the closer the team/organization works.)

-There are many things you can discuss and learn from this exercise.

-What did you experience during the exercise?

-How did it feel to lead?

-How did it feel to be lead?

-How did it feel to get a new unknown leader all the time?

-I saw some people got led into a furniture- how did it effect the trust of the leader and the performance just after?

... etc

The most important take home from this exercise is that the person you ended up with – that is your new Special Friend.