

PRACTICE SUGGESTIONS

We do not rise to the level of our expectations.
We fall to the level of our training.

ARCHILOCHUS, GREEK SOLDIER, AND POET, C. 650 BC

The practice suggestions that follow are the result of hundreds of workshops I have facilitated in more than 20 countries around the world over the course of twenty years.

Learning styles vary as much as any other individual characteristic and it may be that you decide on a way to learn and integrate the skills presented in this course in an entirely different manner than what I suggest. Or some variation of what I suggest.

This course is organized with the intention that you practice regularly with a practice partner. Of course, you can learn and integrate all of these skills without having a practice partner. However, if you do, I believe that if you practice alone, you will miss something very satisfying and deeply connecting. If you do choose to practice by yourself, I suggest you think of each interaction you have with another person during the course of your day as an opportunity to practice with another person.

That being said, I believe that you will find it easier to engage in this learning process by doing the exercises with another person who is also familiar with them. If for no other reason, a practice partner can support you by acting as your “accountability partner.” By that, I mean that your practice partner will help you be accountable for an agreement you have made to practice. Research suggests that having accountability partners increases the likelihood you will do what you have said you wanted to do.

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If you did not sign up for the course with a friend or have a friend who has already taken this course, there are several ways you can find a practice partner.

First, use the Discussion option in this lesson to find other participants who are looking for a practice partner for the entire course or a partner for just a particular session.

Alternatively, you can join the [Ike Lasater Training Facebook group](#) and post your request for a practice partner there. If you encounter a problem or challenge finding a practice partner, feel free to reach out to me at ikelasatertraining@gmail.com

The Self-Connection Process

During the course, and for at least 16 weeks following your completion of the course:

- By yourself, at least once a day, do a 3- to 5-minute Self-Connection Process.
- At least 2 times a day, do a shorter Self-Connection Process of 3 to 10 breaths. You can do these at scheduled times, or at times when you're transitioning from one activity to another. For instance, when you turn your computer on or off, when you walk to or from the bathroom, when you start a meal, or whenever you feel yourself beginning to experience the stress response.

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Dyad Practice (practice with a partner)

Think of the dyad practice as taking place in **two stages**.

The **first stage** consists of the exercises you do with a partner while you are still engaged in watching the course videos for the first time.

During this **first stage**, be sure to do at least one dyad practice session for each of the exercises before going on to the next one. This is to enhance the likelihood that you will integrate each of these exercises sufficiently so that you will remember the exercises when you return to them after you have completed the course.

The **second stage** consists of the exercises you do after you have completed all the course videos and at least one dyad practice for each of the exercises.

The following are the second stage exercises I am asking you to practice with a partner at least three times. The Preparing, Practicing, and Debriefing exercises form a positive feedback loop, the goal of which is to “do it better next time.”

- Listening and Being Listened To
- Preparing for a Difficult Conversation
- Practicing for a Difficult Conversation
- Debriefing a Difficult Conversation

The following are the remaining second stage exercises I am asking you to practice at least one time with a partner.

- Interrupting
- The Need Behind the No
- Giving and Receiving Feedback
- Expressing Appreciation