

## **Guide to Using People Science Relationship Makers**

People Science exercises are applicable to a wide variety of situations. They can be used in large groups, in small groups, in a few minutes, or over the course of weeks. However, the end goal is the same: to build relationships. People Science exercises are specifically designed to build and strengthen **relationships** in a given group of people. To maximize the effect of these exercises, please follow the following guidelines:

### **1. Focus on relationships**

Relationships are the backbone of all People Science activities, and are best built when we are actively focusing our energy on using these exercises toward that purpose. Do not gloss over the relationship building aspect of these exercises – that is where our impact truly lies.

### **2. Combine and iterate**

These exercises can be used as stand alone activities, but feel free to combine two complementary exercises if you have the time available! Many of these exercises can be very successful used together or in the course of the same gathering.

### **3. Help us improve**

As you begin to use these exercises, please help to improve the quality of these. Comment, rate, send feedback, provide ideas, or alternative options. Share with others what worked and what didn't work . Please

send all ideas/options/edits to [info@peoplescience.info](mailto:info@peoplescience.info)

Thank you so much! And Enjoy!

Keep the People Science **Principles** in mind at all times:

- Intentionally connect people to make an impact
- Use data and artificial intelligence to achieve these interconnections
- Change the way we have conversations -intelligently network your knowledge and relationships
- Apply data-based Design Thinking to organizational structure

An open source change platform: intentional relationships can empower re-wired communities to drive exponential impact. Models and implementation design curated by [The Value Web](#) & paid for/sponsored by [Way Better Work](#). Relationship Maker Exercises licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](#).

## 6 Seconds to a Better Relationship



## **Timing**

<5 minutes

## **Purpose/Objectives - Quick Description**

Using the science of oxytocin and changing the way participants shake hands, you can double the relationship quality in the room.

## **Process**

You get strength from others! By shaking hands for 6 seconds, you dramatically raise oxytocin levels in your body which is the 'trust' chemical in your brain. Using this chemical as impetus for this exercise, all you need to do is:

1. Ask the participants to stand up

2. Tell them to turn to their neighbor and shake their hands and say hi!
3. Now offer to double the power of their relationships
4. Now tell the participants to shake their partner's hands for a full 6 seconds.
5. Give the participants an explanation of why the 6 second handshake is important. See Cool Possibilities/Options below for references
6. Optional - ask the participants to utilize this chemical infusion and start another People Science exercise or launch right into the content of the gathering

## **Cool Possibilities/Options**

- Don't shake hands at the end of a business deal: <http://youtu.be/5gdjGhg36tw>
- Famous author on the subject:  
[http://www.huffingtonpost.com/paul-j-zak/the-power-of-a-handshake\\_b\\_129441.html](http://www.huffingtonpost.com/paul-j-zak/the-power-of-a-handshake_b_129441.html)
- Encourage participants to continue using this technique throughout the gathering. They probably won't, so keep bringing it up!
- Read this to become an expert in the topic:  
<https://hbr.org/2014/06/the-neurochemistry-of-positive-conversations/>

## **Tags**

<5 minutes, Chemicals, front of the room, hands, happiness, reactions, smiling, touch, trust, uncomfortable

## **Source:**

There is no expected origin of this exercise. Multiple authors and psychologists have documented this reaction. Jane McGonigal made this more popular with a recent TED Talk