

The Inspiration Toolbox Part 3



Who or what is grow?

grow is the Bosch internal incubator and platform for start-ups and intrapreneurs, and everything that goes with it. However, grow is also an experimental field for the emergence and realisation of new ideas and always provides new stimuli.

Why PDF?

In the spirit of grow, to share knowledge and experience, all recipients receive a kind of toolbox with instructions on a topic that should interest us all: Inspiration.

Why inspiration?

How can companies reinvent themselves? How do people become protagonists of a culture of innovation? In addition to influencing factors such as intuition, imagination, improvisation and interaction or cooperation, inspiration is one of the most important.

And now have fun with the tool „**Contact Mirror**“.

CONTACT MIRROR



Contact Mirror

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FORMAT:

Everyday situations

PARTICIPANTS:

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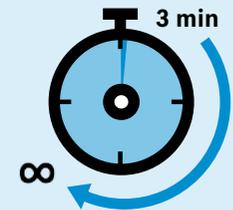


GOAL:

To achieve inspirational interaction during encounters

TIMEFRAME:

3 minutes - unlimited



SCOPE:

A situation of desperate uninspiredness can arise in both private and professional contexts. Anyone who has tried in vain to start a conversation with strangers at a trade fair or to break the ice with new colleagues knows this situation. The „contact mirror“ prevents this kind of social black-out and inspires small-talk“ so that more can come out of it.

HOW IT WORKS:

The „contact mirror“ does not need any materials. It takes place in the head and works best in pairs, but of-course also as a group. It is based on the idea of holding up a mirror to yourself or to another person in order to identify with the situation and feel comfortable. Ideally, this initiates mutual inspiration.





observing



asking



contacting

STEP 1:

You observe the other person and try to put yourself in their position. In doing so, one registers every kind of external characteristics (gestures, facial expressions, behaviour).

STEP 2:

You compare these observations mentally with an inner questionnaire: What brought the other person here? How does the other person feel at this moment? What can I contribute to making him feel good? What has interested the person in being here right now? What might I have, that the other person may benefit from? What am I enjoying sharing with the other person?

STEP 3:

You move towards the other person and give him or her a valid compliment. When no compliment spontaneously comes to mind, the simplest inspiration is to identify one attribute which you do not possess yourself. Then you connect through open questions that you have asked yourself before: what brings you here? What interests you most here? Who do you know here? How can I help you? ... One of these questions should include information about yourself so it doesn't appear like an interrogation.





concluding



practicing

STEP 4:

Conclude the conversation with a friendly remark or redirect to concrete content which has inspired the other person.

STEP 5:

Practice watching others everywhere! First in your mind on the bus or train. Then try to profit by drawing inspiration from every chance encounter. When paying at the cash register. When asking for directions. When assisted by a colleague. On a long-haul flight. After a while, you will become curious about what inspiration life provides for free.

ESSENCE:

The inspiring effect of open questions and chance encounters not only works for yourself, but almost always for others. The moment you show an authentic interest in another person, an inspiring interaction is almost always triggered. Important: Do not pretend! Just use things that really interest you. And with a little practice, you will become a „contact-mirror“ expert with unimaginable possibilities.

Carpe Diem!

