

# Approach, Connect, and Close: Lifestyle Skills with Coaches Mike Diretto and Lap Dance Lilly

## Be a Lifestyle Power Couple!

- Be a TEAM
- In-sync, friendly, drama free!

## Power Couple Techniques:

- Set your desire and intention
- 30 second hugs
- Tell people what you're like
  - Example: "I'm the quiet one!"

## Top 3 Common Issues at Lifestyle Parties:

1. Not approaching enough people
2. Not knowing what to say
3. Can't convert from talk to play

## Approaching:

- 4 Easy Steps:
  - Approach, Preframe, Compliment, Question
- Eye contact is optional, smiling is mandatory!
- Easy Preframe: "Hey, we know this is random but..."
- Easy Openers: "How long have you been in the lifestyle?"

## Connecting:

- Smile and compliment everyone
- Talk about your interests
- Ask the "why?" question in order to connect emotionally
- Find out "actionable information"
- If it's work, it's worthless!

## Topics to Avoid:

- All the usual vanilla stuff! Work, kids, health, politics

## Playing Captain Obvious:

- Used for getting things back on track
- "Could you imagine if your boss was here right now?"
- People will thank you for keeping it sexy!

## Leaving Conversations:

- No need for excuses, simply tell the truth!
- "We need to go get a drink/find our friends/use the bathroom/go dance some more/mingle a bit"
- HAVE A SIGNAL worked out ahead of time.
- Trade contact info if you want to speak again

## Logistics:

- Check the walls for bored or shy couples
- Approach "Resting Bitch Faces"
- Tell people if you are new, ask others if they are
- Stay with the group during transitions or you'll lose them!
- SMILE! (Remember Mike's tip!)

## Closing: Pulling the Trigger!

- Simply say "I have an idea" or "May I make a suggestion?"
- No getting around it, someone has to take action!
- We get what we ask for, so ask!
- Nothing to fear except wasting time!
- Performance anxiety is ok if you prepare people and stay calm

Questions? Comments? Reach us at

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