

Approach, Connect, and Close: Lifestyle Skills

with Coaches Mike Diretto and Lapdance Lilly

A Note from Mike and Lilly:

Hello new friends! Thanks again for attending our talk and/or visiting our website!

We're glad you're here and we appreciate your interest in learning how to maximise your Lifestyle fun, closeness, and sensuality with us.

What follows are the slides from our seminar so you can review the content and easily refresh your memory before your next Lifestyle event.

Please don't hesitate to [contact us](#) with questions, polite feedback, or an invitation to speak at one of your events. We want to interact with YOU!

Cheers!

How to be a Lifestyle Power Couple!

- **DEFINITION:** A power couple in the Lifestyle is one that appears to be totally in-sync with each other, easy to talk to, fun, honest, and drama-free. We can all be power couples!
- **BE A TEAM** - people should think of both of you when they think of one of you.
- **Energy!** Find a level similar to your partner's. No "Manic Mikes" with "Debbie Downers"
- **Complement** your partner during conversations with other couples.
- **Show off your love!** It's comforting and attractive to the people you're trying to play with.
- **Talk about things (process) afterwards** even when there are no negatives.
- Try to be **interested in everyone** you meet.
- Be **fully present** as much as possible (put phones on airplane mode)!
- Try to leave everyone better than you found them, good vibes! - **People will remember the emotions** you leave them with, even if they're drunk and forget your name.
- **Say hi to EVERYBODY!** A warm smile and a handshake go very far. **You never know** what will turn into a free drink, an invite to the after party, or an orgy!

Power Couple Techniques

- **The 30 Second Hug** - A great way to get yourselves emotionally in-sync and energetically aligned is to take time for a proper embrace. Hug your partner and keep hugging while you count to 30 in your head. Around the 27 second mark you should feel a wave of calm and connectedness spread through you. This is the oxytocin (the bonding hormone).
- **Set Your Desires and Intentions** - Be on the same page before going out (or at least the same book) - figure out what you want beforehand, especially if you have types or specific desires. The clearer you are on what you want the more likely you are to get it.
- **Tell People What You're Like** - Very often there are couples where one person is loud and one person is quiet. Or one person is a straightforward sweetheart and the other is a sarcastic ball-buster. Mismatches like this are TOTALLY OK as long as you let the other couple know who-is-who at the start of the conversation. This is as simple as having the quiet (or loud, or rude) person say "I'm the quiet one" immediately upon introduction. This lets the other couple know that your behavior is normal for you so they don't take it personally.

Common Issues at Lifestyle Events:

Top 3:

1. Not approaching/talking to enough people
2. Not knowing what to say
3. Can't convert from conversation to play (Not pulling the trigger!)

Also:

4. Not being in-sync with your partner
5. Not having any kind of plan for the evening
6. Feeling like there is pressure or expectations on you
7. Feeling like you have to work for people's attention/affection
8. Resting Bitch/Dick/Mean Face (RBFs)

Approaching

- How to begin a conversation with a couple you don't know
 - **Eye contact** (optional)/**Smile** (highly suggested!)
 - **4 Easy Steps:** Approach, Preframe, Compliment, Question (required!)
 - **No compliments without questions!** Statements do not require replies!
 - **Easy Preframe:** “hey, we know this is random but...”, “hey, we just saw your outfits and had to come meet you...”, “Hey, don't take this the wrong way...”
 - **Easy openers:** how long in the lifestyle? First party (here)? What are you into?
 - **Have a question** that you actually want to know the answer to.

General Communication Skills

- How to be a good conversationalist, establish rapport, and make an emotional connection with anyone
 - **Smile at EVERYONE**, talk to everyone that smiles back!
 - **Compliments** have the power to make ppl happy – and horny!
 - If you're **bored then you're boring, interested is interesting**
 - **Share topics** you find interesting yourself - podcasts, YouTube, books, events, hobbies, passions
 - How to connect emotionally about anything – **ask “WHY?” until you uncover emotions you can relate to** (vocal tonality is important here!)
 - **Determine** what they're into, personality, energy level, sense of humor
 - **Ask** what you need to know to move forward – “actionable information”
 - **If it's work, it's worthless!**

Topics to Avoid

- In general, avoid the topics we tend to automatically discuss in vanilla life:
 - Kids/Parents, Annoying Bosses/Job Issues, Medical Issues, Politics...

How to Get Things Back on Track

- **Play Captain Obvious!** - “Wouldn’t it be crazy if little Johnny knew what you were up to right now?” “Wouldn’t it be great if you could put your boss up on that wooden cross in the dungeon room?”
- People will **THANK YOU** for reminding them to keep things sexy!

Exiting and Pausing Conversations

- How to pause an interaction for later, or leave a conversation without hurting feelings
 - **It's ok to say you need to:** go get a drink, use the bathroom, go dance, find your friends, mingle a bit more, etc.
 - Folks should be **used to it** and not give you a problem. If they do they just proved they're not a couple you should spend more time with.
 - **Have a signal** worked out with your partner to say YES/NO to playtime or just to say "we need to talk"
 - **Be aware** of what your actions imply – play captain obvious
 - **Use pre-frames** – "we definitely want to chat more later but..."
 - **Get Contact Info** – if you definitely want to reconnect, trade info before walking away. You may not see each other again!

Logistics

- How to find couples for conversation and socialize efficiently
 - **Check the walls!** Check facial expressions - look for bored or “resting bitch face” (smile before going in)
 - Tell people if you are a **newbie**
 - Catch people **early and often**, catch people during the transitions
 - Careful **not to lose** folks during transitions! Stay with the group until the final destination!
 - **Smile!** (Remember Mike’s tip for how to keep a smile on your face!)

Pulling the Trigger

- How to transition from conversation to play
 - Reid Mihalko: **“I have an idea”** or **“may I make a suggestion?”**
 - No getting around taking action – someone has to do something!
 - **We get what we ask for!** So ask!
 - If they don't say yes it's better to find out ASAP, **nothing to fear except wasted time**

Fashion

- How important are the themes, really?
 - Can't go wrong with **classy**
 - Clothes that **FIT!** No need for expensive
 - Costumes/themes/**\$20-40 at iParty**
 - **Flair/peacocking** is appropriate
 - This can show off your personality quickly
 - It's hard to go overboard at a lifestyle event!

Follow-Up

- How to keep in touch afterwards
 - **5 minutes of follow-up:** Always text “Thank you! We had fun!” the day after play
 - Facebook, messaging apps (Kik), SLS - just stay on each other’s radar
 - “This made me think of you” / “driving through your area” texts
 - Any little effort counts and makes you feel friendlier next time you see each other.

Want to help us out? Please email your answers to mikeandlilydiretto@gmail.com

1. Was this information valuable/helpful?
2. What percent would you say was new information?
3. What percent would you say you already use successfully?
4. Are you interested in learning more about these topics at future Lifestyle events?
5. Would you be interested in private coaching around these topics?
6. How much would you pay for a personalized 1-hour live training session during a lifestyle event?
7. What topic did we miss or what could we have gone more in-depth on?
8. What do you like best about lifestyle social gatherings?
9. Where do you feel limited, not yourself, held back, frozen, or stuck when it comes to lifestyle events?
10. What outcomes are you hoping for? Are you getting what you want?
11. What fears or limiting beliefs are stopping you from being the person you want to be at a lifestyle party?