

Acquisitions

assertiveness 101 (practicing asking for things, practice saying no to things)

People often have agency and assertiveness trained out of them from a young age; this turns people into people-pleasers who automatically say "yes" to anyone who makes eye contact and asks for something, and who aren't in touch with their desires (much less in the habit of acting upon them). We'll talk a bit about how and why this happens, and then practice asking for things and saying no to things. Putting up boundaries well is doing a favor for people who don't want to hurt you.

how to meet people relevant to your life, or, Networking 101

A lot of our intuitive models of how the world work are centralized and legible; ppl get jobs from things like Indeed or LinkedIn where people apply, and your resume and interview are the most important steps. This model is often wrong, and I'll take you through a couple worked examples about how networks work, why they're utilized for finding resources, and how you can Meet People Better.

how to be happy and make money freelancing

Freelancing! It's a great way to make money, once you shed the self-defeating beliefs about negotiating, asking for things, and "marketing". I'll talk about some things I've learned during my relatively successful (though quite early) freelancing career, and we'll work through some advice together.

Find Your Life Partner

Many of us would like a life partner but have not yet achieved this goal. This talk/workshop will review typical mistakes vs. improved strategies. The assumption here is that theres a partner for everyone, but some of us need to do more work to find that person. The primary focus will be on straight monoamory, with other topics covered if time permits. It turns out that there are strong sexual dimorphisms in human mate-finding that our current culture is ignoring, and the process works much better once these are understood. <https://www.youtube.com/watch?v=2OUKs0kyO9I>

The "No-Lympics": Desiring, Asking, and Embracing "No"

Tired of being scared of rejection? In this workshop, we'll wiggle with desire, practice asking for the moon, and learn how to love each other's "nos." With a series of 1:1 exercises, we'll dance with the discomfort of rejection and learn how to turn asking into an adventure.

Embodied Communication

Improv Focused on being Natural

What does it mean to "just be yourself!"

In this workshop we will use the lens of improv comedy to explore self discovery and what it's like to be you. Improvisational comedy holds the keys to so much of what made me a socially intelligent person. Improv combines embodiment with pro-sociality with humor and beginner's mind.

Speaking from the Body

We'll explore how it feels to speak from the depths of your body so your words land

Fashion

For better or worse, presentation matters. This workshop is about developing your style and learning to feel confident in what you wear. At the end, there will be time to design our own outfits and receive feedback.

Partnered Social Dance

"0-60 Partner Dance Workshop." Ideal for beginners, this session focuses on the foundational skills of musicality and body awareness, enabling you to dance confidently to any music, on any floor. You won't just learn dance steps; you'll gain essential meta-skills such as inviting a partner to dance, negotiating physical connection, and using the music as your guide for movement. Although mastery takes time, this workshop, led by Wendell Britta seasoned expert with 15 years in the Portland Blues/Fusion scene will set you on the right path. Join us to enhance your dance floor presence and interpersonal dynamics.

The Science of Stress: Get to know your nervous system

Ever wondered why your hands start sweating when you're nervous or why your heart starts racing around someone you like? It's all thanks to your autonomic nervous system. Come dive into the biology behind emotions, stress, and trauma.

You'll leave armed with the knowledge to monitor and consciously influence your nervous system. So, whether you're a stress ball or a zen master, this class is your ticket to understanding the quirks and wonders of your body's command center.

Dr. Myles O'Donnell will guide you through an exploration of the nervous system, the science of stress and trauma, and show you tools to navigate the twisty roads of "nervous system regulation"

Feelinguistics

Shame and Shadow - Pretense and Acceptance

Accepting your shame is the single key that unlocked a completely different social reality for me. Skills are nice, but in a practical sense, fundamental emotional orientation is much more pivotal in social expression and skill

In this workshop, I will share my story and also explore some exercises in confronting shame and what lies on the other

side.

Flirting Formats + Exercises Workshop

An overview of different flirting formats, such as "if by X, you mean Y" or "Question-Answer-Tease." For each format, we will go through examples and then partner up and give you the opportunity to try them out yourself. There will also be a review of several different home exercises you can do to improve your flirting skills. A handout will be provided for you to take home and practice!

Hard Conversations

Learn how to deal with conflict, work around thorny catches, and steer the conversation to a collaborative state, in order to strengthen the relationship

Mastering the Game of Flirtcraft (build your character)

In "Mastering the Game of Flirtcraft" workshop, you'll discover and refine your unique flirting style. Centered on the principle that effective flirting begins with knowing oneself, this session encourages you to develop a "flirt avatar" that embodies your true self. Engage in playful, interactive activities designed to help you express your individuality in captivating ways. This workshop is perfect for those seeking to forge genuine connections, offering the tools to not only attract attention but to do so authentically, boosting your confidence and social prowess in every interaction.

Mastering the Game of Flirtcraft (designing your game)

Discover the art of designing your own flirtation playground with our workshop, "Mastering the Game of Flirtcraft." This session isn't just about romance; it's about mastering the dynamics of engaging authentically across various contexts be it with friends, family, or potential romantic and sexual partners. In this workshop, we embrace the principle that every master flirt is also a game designer. You won't just leave with the ability to excel at flirting; you'll gain the foundational skills to create and customize your own flirting games, tailored to different people and environments. Equip yourself to navigate the flirting field by understanding where and how your unique strengths shine the brightest

Mastering the Game of Flirtcraft (Building rapport with BARS)

"Mastering the Game of FlirtCraft: Building Rapport with BARS." This session is designed to empower you with the skills to fuel connections and keep conversations flowing. By leveraging the unique game of BARS, you'll engage in interactive exercises that teach you how to open interactions, escalate engagement, smoothly de-escalate when necessary, and effectively close conversations. Whether your aim is to enhance your social interactions, deepen friendships, or spark romantic interest, this workshop provides the foundational strategies for building lasting rapport and mastering the art of flirtation

How to Give Good Compliments

Did you know that you, yes you, can make a perfect stranger's day better right now? Learn how, with Ben's course on how to give a good compliment!

relational intimacy workshop

Hello! I'm Ms. G, and I struggle to write about myself in third person, so this is how I'm gonna do this. I love human beings. I love to flirt. I love connection. I love the feeling of when you're talking to someone you've never met before, and you're making them laugh, you're making them feel special and interesting and desired, and you can see them physically relax into who they really are. Whoever they are when they're not afraid, when they don't have walls up, when they feel like whoever they are matters. I love especially when they tell you "I've never opened up so quickly to someone before. How'd you do that?" and giggle. It's like the space between you becomes warmer, kinder and softer because of something ineffable you did. Flirting, to me, is being able to move through the world in a way that creates that special kind of magic that can only exist between people. When you really pay attention to people, when you make them feel seen and witnessed, like you're telling them "You're real. You're here. I see you." That is an immense gift. When you help them blossom and unfold into being whoever they are in the time they spend with you, and you feel grateful you got to witness them, and they feel grateful they got to be witnessed. That's what I do. That's what I know I can help others do for each other. Romance, friendship, connection, all of it comes to us so much more easily when we can be this way all the time, whenever we want. Because we exist on a frequency of pure curiosity, affection and love, all the time. My argument is it feels really fucking good, for you, and others, so why the fuck not do it all the time? It's that simple, really. If that's something you're interested in pursuing intentionally, I'm your girl.

Flirting Game Demo

This game takes between 1 and 2 hours depending on how it's formatted. Technically there are rules but there's no right or wrong answers! Games will consist of 4-6 players.

Working with Fear Around Social Situations

It's time to get to know your fears! We'll start with pragmatic questions:

What are you afraid might happen?

How could you prevent that?

If it happened, what could you do to reduce the impact?

We'll talk about relating to your fears from an IFS / parts work stance:

How do you feel towards your fear?

Does this part feel like a child, or teen, or...?

How'd this part of you learn to fear this?

We'll also touch on grounding strategies, as well as ways of designing bite-sized bets and low-risk experiments to help you learn and explore!

Shadow Improv: Befriending All of Yourself

This is an advanced session for folks who are interested in embodying a part of their shadow in an improv activity! We will talk a bit about the philosophy behind modern therapeutic approaches like IFS. Then everyone will spend time mapping out a part of their "Shadow" connected to some real life experience of conflict. Once we have our shadow maps, we will get into small groups where we will embody our shadow parts in an improv activity. This can often be quite cathartic and is a powerful way to get in touch with parts of yourself that might usually be out of your conscious line of sight!

Interconnectivity

Beyond Romance You are in a relationship. Now what?

First, find the right person. Second, be happily ever after. This is the general portrayal of romance for our society. This picture grossly underequip us for developing fulfilling and loving relationships. So you have finally gotten a relationship. What happens after Romance?

Reciprocal Vulnerability See Saw/ "Testing The Depths"

Inviting intimacy - not demanding it

Banter Workshop

Bringing back this classic from vibecamp 2

Jokes! Flirting! Teasing! Having fun! Let's dive into the art of banter. We'll talk about what banter is, how you can get better at it and how you can use it. And most importantly, we'll also explore DOING it and some exercises we can practice and really immerse ourselves in it. And marvel at this skill that can come in useful no matter what situation you find yourself in with other humans and change your life as it did mine. How can you "people" better? Well do I have the answer for you?!

Mastering the Game of Allyship

"Making Allyship Fun through Gamification" encapsulates the heart of our workshop, designed for those navigating feelings of guilt and shame around allyship. This unique program leverages playful, systemic methods to enhance your social skills and contribute meaningfully to your communities. By integrating gamified learning with practical tools rooted in integral theory, you'll learn to navigate social nuances and foster inclusivity effortlessly. Join us to transform your approach to allyship, boost interpersonal relationships, and empower yourself to become a confident and effective ally in

a supportive, engaging environment.

No Major

Energy work sessions available

Jeff will be available for the day for anyone wanting to relax and receive energy work.

True Stories

An activity to form deeper relationships between participants.

Intention Setting

What brings you here? What specific changes are you hoping for, in your social life?

We'll start with these questions:

"If there is only a single thing you get from the SSI, what do you want that one thing to be?"

"If you imagine that you're at the end of the event and you're feeling disappointed... what would the reason(s) be?"

Followed by SPACE Goals, an exercise from the Beyond Goals workshop, to inform your focus for the weekend by clarifying your intention with wording that's:

Specific

Positive

Adjacent

Challenging &

Emotionally anchored

What are you leaving with?

As the weekend draws to a close, what have you learned? What comes next?

We'll invite you to reflect on your experience, with questions like:

Are there connections and intentions you want to follow up on?

What are your best opportunities for small steps / quick wins / fun experiments, in the next week?

What do you most want to remember a month from now? Six months?

Any new priorities or reframings, about what you're wanting socially?

Any new skills you want to practice?

Any strategies you want to drop?

Any feedback, to make future events even better?

People Theory

modeling people who aren't you, aka Theory Of Mind 101

humans simulate other people via imagining what they would do in the same situation. this works really well until it doesn't; in particular, there are several ways in which vaguely autistic men will make harmful mistakes because they didn't realize that other people's brains work differently (and vice versa, though the failure modes are different). i'll talk through some examples and give some words of warning.

be more robust to your autism, aka Applied Chestertons Fence

The world is often broken and inefficient. People like us often look at that, and say "I could do better". It's an admirable character trait. And yet, the world is often much more complicated than it seems on first gloss, and it turns out a lot of things ~autistic people disregard out of apparent uselessness were, actually, load-bearing. I'll go over some examples, but really this is aimed at helping you realize the pattern behind your future mistakes faster.

How Different Worldviews Enable/Influence Communication

Every organism has some paradigm through which it makes sense humans especially so. Our worldviews may have similarities (e.g. we both speak English) and differences (e.g. I think the Boston accent is the most superior English accent, you might think I'm weird for having an opinion on that). How can we cultivate innate curiosity to understand others' worlds and our own such that we can build connection? A workshop on exploring foreign and native epistemologies/worldviews.

Intro to MBTI

Curious about why you and others relate to the world so differently? Join our workshop on cognitive functionsthe Jungian foundation of Meyers-Briggs (without relying on these sketchy online tests). We'll help uncover insights into conflict styles, default worldviews, and how diverse tendencies shape interactions. Explore how understanding these functions can enhance interpersonal communication and reduce misunderstandings in your relationships.

People Watching

Watch party for <http://www.peoplewatching.ca/> (10-20 min episodes) with short discussions after every 1-2 episodes.

Drop by whenever!

School For Yappers Who Talk Too Much

Have you ever been told that you talk too much? That people can't get a word in edgeways? That you're a yapper? Ben's here to teach you how to harness your yapper powers for good!

E-girl council

Three bona fide e-girls (with few Hegelian inclinations) yap about life, love, and the trials and tribulations of being niche internet micro-celebrities. Taco Belle, Crystal Duan, and Ms G are ready to answer questions and maybe give some advice!

Self-Care Electives

Energy work and self care

A brief introduction to what energy work is and a guided meditation on using focus to handle emotions.

Unlock Your Hips 101

Unleashing your creativity, confidence and self-expression starts by releasing your hips (aka your sacral chakra). Tight muscles and lack of mobility constrain your lung capacity and your posture. Emily will guide you through some light stretches, breathing patterns, and strengthening exercises to bring you more space, confidence, and awareness in your body and hips. Movements will be slow and focused like a yoga class.

Unlock Your Hips 201

Now that you're more aware of your breath, sacrum, and pelvis, let's move! This is a movement workshop where you'll learn dynamic hip stretches, strengtheners, and openers, along with easy dance moves that release your creativity and boost your confidence. You'll unlock more ease and flow in your hips, and in your body all-around! Movements will be faster paced and more dynamic like a light workout. Leave with few progressions to work on at home/at the gym, and some dance moves to try at your next house party.

Theoretical Communication

Communication Theory Modelling Interactions as a System

How does communication work between two humans? What is it to have a "conversation" in the abstract? How can we understand the steps from conception of message to reception of message? Where and how can these steps go wrong? We will cover a general model of communication and explore it's theoretical limits and practically diagnosing one's own communication experiences.

Relationships, The Threads That Weaves Minds

While many of us may gain skills and inspiration in our social interactions. Ultimately, social life isn't simply made of

atomic social interactions, where if you have good interactions then you have a good social life. A healthy and fulfilling social life is made of relationships, the higher-order objects cultivated interaction by interaction. How to care for relationships, not just optimize for better interactions.

Small Talk Deep Dive

Small talk masterclass: A deep dive into small talk. What is it? Why is it necessary?

Why do so many of us hate it? Is there a way to do it authentically without being bored and maybe even being curious or excited?!

Analyzing Banter / Flirtation

We'll look at examples of flirtation or romance or banter in pop culture and social media and discuss the dynamics

How to Make Learning Social Skills Less Painful

A discussion of the psychology of learning social skills and how you can make the process less painful. First will be a discussion of the power of identity and how it can be used to your advantage. Next, we will go through the concept of progressive desensitization, which is a powerful tool that can be used to overcome fears, learn social skills, or take on any other intimidating challenge.

Vibe Check

Had a bad interaction, but don't know how it went wrong? This is a give-and-take workshop about being excessively candid with each other. Through roleplaying different scenarios, get feedback on what impressions your facial expressions, posture, tone give. At the same time, learn to read people better with actual labeling on the body language you observe. At the end, we'll discuss ways to extend these skills in non-workshop situations

How to use Humor /Jester's Privilege and Schrodinger's Asshole

Jesters Privilege: the right to talk your shit without consequence bestowed because you were funny about it

Schrodinger's Asshole: a person who decides whether they're full of shit depending on how their audience reacts

In this seminar we're going to explain the mechanisms and functions of comedy to set you on the path of being the jester instead of the asshole. Well-executed humor can defuse tension, address the elephant in the room without making everybody cringe, and enforce boundaries without risking a fight. We'll look at examples of comedy, including live stand-up from a couple of your favorite e-girls.

Failure Modes in Interpersonal Conflict

In this seminar we'll explore how fights get out of hand. Disagreements are inevitable in close relationships, but don't

have to lead to major, traumatizing outburststhey can often be productive! By exploring common failure modes in conflict, we'll learn how to better communicate with people we care about.

Grab a buddy and join me in dunking on relational nonsense from Bachelor in Paradise and Love is Blind as we figure out how to do better in our own relationships.