

2.1 Domination techniques

Step 2. Learn

Time: 11 min

Individual exercise

Exercise

Welcome to a crash course in domination techniques. You can watch it individually or together with your team. It is about 7 minutes long; make sure you have your speakers on. The course will give you basic insights into what domination techniques are all about and how they can be expressed. Learning to notice and understand domination techniques makes it easier to counteract them and to avoid using them against others.

Watch the clip here:

<https://www.youtube.com/watch?v=EPTJ6gfGANK>