

Exercise Lost at Sea TRAINER

Objectives of the exercise

This exercise has been used in training in different forms for many years (also called the NASA exercise). It has many applications around teamwork, collective decision-making, creative problem solving and communication.

In this case we will use this game in its simplest application: working on communication, and interactions between people.

Description:

During a cruise in the middle of the ocean, the crew is shipwrecked. The team has to prioritize in order of importance 15 types of objects to embark on the lifeboat.

The process:

The exercise is done individually and then in groups.

Number of participants: group of 6 to 8 people.

- time: about 1 to 2 hours

The exercise takes place in 4 successive phases

1. Individual ranking (about 10 minutes)

Each participant, after receiving the instruction sheet (Appendix 1), completes a copy of the decision sheet (Appendix 2). During this phase, no exchanges between participants are allowed.

- Give each participant a copy of the statement sheet and the completion grid.

- Read aloud the statement

- To prepare for the exercise, ask participants to fill in the "my order" column individually.

- When all participants have completed their worksheet: specify

"Your mission as a team will be to define an order for the team.

Your mission as a team will be to define an order for the team. It will therefore be a matter of each individual using his or her best communication techniques to arrive at a collective order that obtains the assent of all team members. Add: Since you have no hierarchical link, the right to vote is forbidden, in other words, anyone at the end of the exercise will have to be able to defend the group's point of view. »

This precision is important because the facilitator's objective is to verify the ability of each person to listen, reformulate, facilitate, rather than to assert arguments or try to delight leadership.

DO NOT PROVIDE ANY PRECISION CONCERNING THE DIFFERENT ITEMS

With the exception of the radio "which is a receiver similar to the one everyone has in their bathroom" (so is not a transmitter).

Concerning the duration:

Ask the group how much time they consider necessary to complete the exercise.

After discussion, specify that you consider 30 minutes to be an average, knowing that if the group has not finished after this time and is very far from the end, you will suspend the exercise. If not, you will let the group go to the end.

This precision is important: indeed among the manipulation techniques some will "stress the group" because of the time.

During the observation phase:

Scrupulously note the interventions that seem typical of a non-listening, manipulative strategies such as changing the rules of the game along the way " if you start at the end " ridiculing what the other person says etc.....

Observing the exercise

How the group works

Have the sub-group and facilitator developed a plan? (e.g., vital, useful, unnecessary elements).

Did each participant have the opportunity to speak?

Did each participant listen to suggestions from others or did they try to impose their own list?

Were there leadership, conflict, or groupings within sub-groups?

How long did the different decisions take?

Did some subgroups adopt decision-making methods such as majority rule, give and take or chance?

Were they creative?

Debriefing of the exercise:

At the end of the exercise, before going around the table, ask participants to answer the following questions in writing:

1) Blue-type questions:

What do you think of the result obtained by the team?

What is your % level of agreement with the result proposed by the group? Do you agree 100%, 90%, 20%?

What was the purpose* of the exercise

And write down the results yourself on a piece of paper

2) Green questions:

Are you able to describe the methodology* used by the group?

If yes, you can ask the participant to describe it.

3) Red type questions:

What do you think of the expression in the group?

Did everyone express themselves according to their wishes?

Was there any animation?

Was there a leader(s)?

4) Yellow Questions

Can you describe the strategy* employed by the group?

What would it have taken to make the group more effective?

At the end of the round table discussion, bring out the strong points and the points of communication that were not used during the exercise by pointing out the need to listen, to reformulate and by emphasizing that situations of divergence of opinion are often due to questions of non-listening and lack of reformulation more than to rational reasons.

***For use in team building**

Definitions of goal, methodology, strategy, objectives are crucial.

Participants often have difficulty defining these concepts, let alone understanding them.

The goal “ what ”	The finality “ For what purpose ” The strategy
Methodology “ How ”	Roles “ Who ”

The goal

The methodology: this is the method that the team used to manage to deal with the problem "How we dealt with the problem".

The finality / The strategy: it is the "for-what purpose" of the team in this case in the game lost at sea what are the priorities that the team assigns to itself? Does it decide to reach the nearest coast? Does it decide to wait for help and consequently what hierarchy does it establish between the elements of survival, signaling and positioning?