

Organization and country: INPRO, Czech Republic

Name of the activity: Find me the way

Overview (What I am going to learn?): In this tool you are going to learn to trust to your colleagues and to let yourself be led by other/s.

Objective (What am I going to learn it for?): You are going to learn to trust other people and, respectively, you are going to learn to literary lead people.

Materials: You can use anything that you will find suitable for creating obstacles. It can be chair, rubbish bin, pen, paper ball, it can also be other participants standing in the way as obstacles.

Time: The time depends on the number of people involved and the size of the obstacle field. It can range from 30 to 90 minutes.

Target group: Anyone can take part in this activity; however, it would be better if daily life colleagues will be in the same team.

Instructions for facilitators

This activity has two versions, easy and difficult.

Easy version: The easy version is intended to be one on one participant. One leader and one colleague who is dependent on him/her and trust the leader.

Difficult version: The more difficult version is intended for one leader and more people – colleagues - at the same time.

The size of the obstacle field is not strictly given, however it is better if the space will be at least four-square meters, so you can put there enough obstacles in it.

If you are doing the easy version, one person will be blindfolded, second person will be leading him/her through the field. You can decide if you will allow the participants to use only a limited number of words or not. In case you would like to limit the number of words, you should decide what words they can use. The best would be, if they use words like *left, right, forward, back, stop*. This way it is a little bit more challenging, but these words are sufficient for the communication.

For the difficult version, once the first person went through the field, the leader stays and other blindfolded person is going through the field. When the leader voice navigated all his/her colleagues, they change roles. After each person went through the field, it is recommended to change the positions of obstacles at least a little bit.

The difficult version is a challenge especially for the leader, because s/he will lead through the field a bigger number of participants. You can take it slowly and add other participants one by one or you can even try to navigate two people at the same time.

Tasks and procedure:

Easy version: One person is the leader, the other is blindfolded. The task for the leader is to voice navigate the blindfolded person through the field full of obstacles. When the person touches some obstacle, s/he is out.

The aim of this activity is to safely voice navigate as many people as possible through the obstacle field. Once the blindfolded person is finished, another person will be blindfolded and the leader will remain the same. The leaders will change once all the colleagues are through the field. Thus, the leader which will voice navigate safely the most people, wins.

The more difficult version requires a good concentration of the leader, because s/he will voice navigate more people through the field at the same time. The aim is to get each person through without touching any obstacle.

Conclusion and evaluation:

Participants are going to learn to listen to and trust to other colleagues. To actively listen and trust to other people are important aspects of every relationship, in this case the work relationship.

Also, the person giving the orders will learn to give clear and simple orders so that the other person can understand. Skills practiced during this activity are very important for healthy workspace.