

Games List (Alphabetical)

Aeroplane Challenge

Task: Make a paper aeroplane and launch it into a bucket to win against all-comers

A variation on Aeroplane Game that can be played at a showcase when participants are coming and going. A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance (10 mins)

Aeroplane Challenge II

Task: Make a paper aeroplane out of flipchart paper and launch it into a bucket to win against all-comers

A variation on Aeroplane Game that can be played as a team in competition with other teams. A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance (10 mins)

Aeroplane Game

Task: Make a paper aeroplane that goes further than anyone else's paper aeroplane

A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance (10 mins)

Aeroplane Game II

Task: Make a paper aeroplane out of flipchart paper that goes further than anyone else's paper aeroplane

A variation on Aeroplane Game that can be played as a follow up. A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance. A game that demonstrates the resilience of mental models and the constant practice needed to challenge them (10 mins)

Aeroplane Team Challenge

Task: Team members make a paper aeroplane from a sheet of flipchart paper that goes further than any other team's paper aeroplane. Do they act alone or cooperate and achieve a better result?

A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to work together and dramatically improve performance

All Aboard

Task: Teams of participants try to fit into rope boats that are too small for them long enough to sing a full chorus of “Row, row, row your boat ...”.

Final team game that illustrates the benefits and synergy of teams in action and working collaboratively (10 mins)

Anderson v Brownlow

Task: Pairs of participants negotiate over vacant land adjoining their property in a classic game of winners and losers

A great negotiation skills role play and scene setter which can demonstrate the range of issues that lead to successful and disastrous negotiations (20 mins)

Animal Teams

Task: Participants are each given a slip of paper with an animal on it. They must find their teams making only their animal noises

Short, fun and energetic team formation exercise - illustrates the power of communicating without words (5 mins)

Apollo 13 Game

Task: Teams are challenged to save the Astronauts aboard Apollo 13 by making an air filter that will fit two different sockets from the jumble of available items on board the spacecraft.

Strategic planning, problem solving and resource utilisation all rolled into one fun activity (20 mins)

Apollo 13 Transmission

Task: Teams are challenged to leave precise instructions on how to make the Apollo 13 Game air filter on an answering machine for another team to follow and construct a workable filter.

A real effective communication systems test for managers and supervisors (30 mins)

Balloon Babel

Task: Teams must build the tallest free-standing column of balloons in the room using only the props provided

Fast, energetic team problem solving game that will encourage lateral thinking, innovation and best use of team dynamics to win (15 mins)

Balloon Ballistics

Task: Teams must keep their coloured balloons airborne longer than every other team

Fast and furious team game that is bound to bring up sabotage and win/lose or lose/lose strategies in a highly competitive environment (10 mins)

Balls in a Bucket

Task: Teams collect their colour of randomly distributed ping pong balls faster than any other team whilst staying physically connected to each other

Fast and furious team game that is bound to bring up sabotage and win/lose or lose/lose strategies in a highly competitive environment (10 mins)

Balls in a Bucket II

Task: Teams resolve the inherent conflict of Balls in a Bucket and collect their colour of randomly distributed ping pong balls faster than any other team whilst staying physically connected to each other

Fast and furious team game that demonstrates the way to avoid the sabotage and win/lose or lose/lose strategies found in a highly competitive environment (10 mins)

Basket Ball Bonus

Task: Teams help their best thrower to get balls into a bucket whilst overcoming a series of barriers

High energy problem solving game challenging participants to adopt a creative orientation when confronted by barriers to team performance and in so doing improve results despite the apparent handicap (30 mins)

Billy Cart Bathurst 2000 (Outdoor Game)

Task: Teams use their Billy Carts from the parade to race each other over the famous course ... but which way?

A team challenge with a difference, turning downhill racing completely around so as to involve the whole team in the race to the line, challenging a few assumptions along the way (20 mins)

Billy Cart Parade

Task: Teams build, package and market the best Billy Cart in the parade from a standard kit using a range of decorative materials

A team challenge to make a standard product, common to all, more appealing to the market than anyone else's product (40 mins)

Billy Cart Parts Scramble (I = Windsor; II = Werribee)

Task: Teams use simple treasure hunt, cryptic clue and problem solving skills to find the parts to their Billy Carts that have been lost in the resort

A fun exercise that will require problem solving and practical teamwork to be successful (30 - 60 mins)

Blindfold Team Race

Task: Take turns in leading a blindfolded team in a relay race while staying connected to each other

A challenging trust exercise for teams learning to do whatever it takes (20 mins)

Bomb Shelter

Task: Decide who will be allowed into the bomb shelter from the list of would-be survivors

A test of values, empathetic teamwork and resolution skills in an emotive environment that challenges assumptions and prejudices (30 mins)

Bond Bombshell

Task: Bond is trapped on an enemy aircraft which is about to drop a revolutionary plutonium bomb on a friendly country. Using only the props provided to simulate what is available to 007 on the aircraft, teams must drop an egg from 3m without it breaking.

An exciting team challenge - how to stop an egg, dropped from 3m, becoming scrambled using a few basic props in a creative way. A game that reveals team dynamics and the ability to solve problems collaboratively. (20 mins)

Brave New World

Task: Find your most effective team from a group of world holocaust survivors with a strange mix of possessions and ensure your own survival in a changing environment

A game that challenges values, demands lateral thinking and best use of scarce resources to survive in a hostile environment (50 mins)

Brave New World II

Task: Solar flares have destroyed all electronics on earth and melted the ice caps. The great coastal cities of the world are lost in the ocean. Humanity is now living on a vastly smaller land mass. Each team representing a group of world holocaust survivors must create a new business that will ensure survival in a changed environment an utilises at least one existing skill of each team member.

A game that challenges values, demands lateral thinking and best use of scarce resources to survive in a hostile environment (30 mins - 1 hour)

Bridge Building Challenge

Task: The whole group, in their teams, must combine to build a replica of the Sydney Harbour Bridge from newspaper, straws and a selection of other everyday materials.

A game that really challenges team vision, planning and doing-whatever-it-takes when they are confronted with a multiple team task that simulates a large business environment. (1 ½ hours)

Bridge Building Rivalry

Task: Two teams, in opposition to one another, in their teams, must combine to build a mini-sized replica of the Sydney Harbour Bridge from newspaper, straws and a selection of other everyday materials.

A game that really challenges two teams who are having difficulty working together in real life. They will need to combine vision, planning and doing-whatever-it-takes, putting aside their differences, if they are to succeed in this task. A great metaphor for building bridges between two disparate groups. (1 hour)

Bridge Building Team Challenge

Task: Each group comprising four teams, must build a faithful, load-carrying replica of the Sydney Harbour Bridge from newspaper, straws, hose pipe and a selection of other everyday materials in competition with other groups.

A game that really challenges team vision, planning and doing-whatever-it-takes when they are confronted with a multiple team task that simulates a large project environment. (1 ½ hours)

Cabaret Night

Task: Participants are given a free hand to stage their own cabaret night, including all stage management and logistics

A powerful demonstration of creativity, hidden talents and doing-whatever-it-takes as the roles are reversed and the participants entertain the trainers (3 - 5 hours)

Camouflage Game

Task: Teams of participants watch a film clip from Life of Brian where the Monty Python team hide from the Romans in plain view and then have the task of camouflaging themselves in the training room. The most creative, least visible team wins.

A powerful demonstration of the use of presence and power which can broaden participants range of behaviour to suit appropriate circumstances. (30 mins)

Card Shark

Task: Win points at cards in a foursome, but is it a team or an individual game?

A hands-on experience of playing to win in shark infested waters and finding what it will take for everyone to win or the effect of playing win/lose (30 mins)

Carless Rally

Task: Participants must find answers to the car rally style questions, and provide photographic evidence of completion of activities, while walking and observing things in and around the venue. Some treasure hunt similarities, plenty of cryptic clues and fun challenges abound in an exercise structured to have something in it for everyone. Customised to each venue, timetable, participant group and client outcomes.

A great way to test and improve participants' observation skills, do-whatever-it-takes motivation and ability to plan the most effective course of action. (20 mins - 2 hours)

Cartoon Characters

Task: Teams make their designated cartoon characters out of Play Doh, but how do you do Snow White with no white ... or Red Riding Hood with green and blue?

A wonderfully kinaesthetic game that will stretch the inventiveness of participants in a team challenge environment or test communication strategies (20 mins)

Cartoon Characters for Sale

Task: Teams make their cartoon character from Play Doh, colours having different prices. Participants then "buy" another team's character most suited to a child's needs.

A wonderfully kinaesthetic game that will illustrate cost and profitability principles, while highlighting key profit drivers and inhibitors in an open market. (30 mins)

Castle Keeps

Task: Teams make the tallest mediaeval castle out of paper, straws and tape. Then deal with the changes in castle management and the specifications

A challenging, fun, team action game with construction role plays that encourages participants to react positively to and interpret change to their advantage (20 mins)

Castle Keeps II

Task: Teams begin by making the tallest mediaeval castle out of paper, straws and tape. Then deal with an abundance of changes that transform their castle completely

A very challenging, fun, team action game with continual changes and role plays that will test participants' ability to stay on task and support their leader (40 mins)

Castle Keeps Plus

Task: Teams make the tallest self-supporting mediaeval castle out of paper, straws and tape, then place an egg at the highest point to prove its stability

A challenging, fun, team action game with optional construction role plays that encourages participants to react positively to and interpret change to their advantage while building a firm foundation for success (20 mins)

Castle Keeps Double Plus

Task: Teams begin by making the tallest mediaeval castle out of paper, straws and tape. Then deal with an abundance of changes that transform their castle completely. Their structure must be capable of supporting an egg at the highest point

A very challenging, fun, team action game with continual changes and role plays that will test participants' ability to stay on task, support their leader and build a firm foundation for success in an uncertain future (40 mins)

Castle in the Swamp

Task: Teams watch the Castle in the Swamp scene from Monty Python's Holy Grail and then make the tallest mediaeval castle out of paper, straws, clingfilm and tape. The castle must be built on a foundation bed of wet towels.

A challenging, fun, team action game with problem solving components. A useful metaphor for building business foundations to suit the environment. (30 mins)

Change Game

Task: Participants make a rapidly escalating number of changes to their appearance and note the changes in their partner

A challenging action game that encourages participants to see change as a positive and inevitable process that can be fun, stimulating and rewarding (20 mins)

Chicken Run Alternative Business Vision

Task: Teams are faced with the Chicken Run dilemma. They can no longer be in the business of laying eggs and Farmer Tweedy is planning to turn them into chicken pies. To escape this fate they must create a new business for themselves and the Tweedys that will ensure all of their survival in difficult times. They must utilise at least one existing skill of each team member in their solution.

A game that challenges teams to set a clear vision, demands lateral thinking and good use of scarce resources to escape a fate worse than death. (50 mins)

Chicken Run Escape

Task: Teams watch a video clip from *Chicken Run* and then make a gadget that will propel the chickens, represented by eggs on board, over the perimeter fence. Their success is measured on a formula basis that rewards distance achieved, least time taken and number of eggs intact.

A challenging, fun, team action game that will test the team's ability to work effectively and collaboratively under time and performance pressure (30 mins)

Clean Up

Task: Get the whole team from the start line, around a chair and back to the start without touching the floor and using only flipchart paper as an aid

An exciting teamwork challenge that encourages testing systems and using feedback to make continuous improvements to achieve extraordinary results (15 mins)

Clutching at Straws

Task: Get a lego person and their supplies to float on a raft of straw and gladwrap. Individual and then team exercise

An exciting challenge that demonstrates the power of teamwork in solving problems and the advantage of all being in the same boat together (15 mins)

Cocktail Capers

Task: Participants are provided with the name of a cocktail ingredient and must find others with different ingredients to join their cocktail team. Teams of six or more have the barman prepare their cocktail ready for sampling by the team and judging

A fun introduction game that demonstrates the opportunities and pitfalls of team blending (30 mins)

Conference Bridge Building Challenge

Task: Each team must build a faithful, load-carrying replica of a famous bridge from newspaper, straws, hose pipe and a selection of other everyday materials and join it to the next table. Each bridge is judged on its likeness and ability to hold weight.

A game that really challenges team vision, planning and doing-whatever-it-takes when they are confronted with joining all tables in the room. (40 mins)

Conference Mexican Wave

Task: Participants seated theatre style must create the most esthetically pleasing Mexican Wave, with each row in synchronised activity with the room as a whole, using a ribbon to unite each person in the row.

A game that requires great coordination not just in the row team but for the larger group too. (5 - 10 mins)

Dew Rustic Park

Task: Four teams of differing dinosaur types must adapt and evolve to meet, or preempt, environmental changes in Dew Rustic Park. Species that adapt least well are declared extinct.

An exciting change management game that challenges teams to evolve their dinosaur species to best meet the environmental shifts in Dew Rustic Park, changes that mirror the business environmental shifts they must face in running a business (40 mins)

Dew Rustic Park II

Task: Twice the fun as eight teams of differing dinosaur types must adapt and evolve to meet, or preempt, environmental changes in Dew Rustic Park. Species that adapt least well are declared extinct.

An exciting change management game that challenges teams to evolve their dinosaur species to best meet the environmental shifts in Dew Rustic Park, changes that mirror the business environmental shifts they must face in running a business (40 mins)

Dew Rustic Park for Leaders

Task: Four leaders must take their teams of differing dinosaur types and personalities encourage them to adapt and evolve to meet, or preempt, environmental changes in Dew Rustic Park. Species that adapt least well are declared extinct.

An exciting leadership and change management game that challenges leaders to develop and grow their teams to meet and thrive in the environmental shifts in Dew Rustic Park, changes that mirror the business environmental shifts they must face in running a business (60 mins)

Diced Out

Task: Participants roll the dice to make the best score they can. But what are the scoring rules?

A simple and effective game that challenges participants to question the rules of any game or task and illustrates the limiting effect of mental models on winning performance
(15 mins)

Dinoplex

Task: Teams create their own dinosaur from lego blocks, to management specifications, ready to bring the design to market.

An active product design game that challenges teams to build a dinosaur from blocks and prepare their product for the market place, taking account of stakeholders needs and preferences
(20 mins)

Dinoplex Customers

Task: Teams create their own dinosaur from lego blocks, to customer specifications, ready to bring the design to market.

An active product design game that challenges teams to build a dinosaur from blocks and prepare their product for the market place, taking account of consumer needs and preferences
(20 mins)

Dinosaur Relay Challenge

Task: Teams watch a short film clip from *Jurassic Park - The Lost World* then race each other to escape from the “Raptors” in a kids style relay race

An exciting and energetic relay race that will challenge participant’s mental models and assumptions and demonstrate how to achieve extraordinary results
(20 mins)

Dry Synchronised Swimming

Task: Teams must perform the most elegant and graceful synchronised routine in time with the music. Points will be awarded for elegance, style and team synchronisation

A fun challenge for teams to work together and find the best strategy to perform a task that is likely to be a change from their usual routine
(15 mins)

Dry Synchronised Swimming in Rows

Task: Teams in their theatre style rows must perform the most elegant and graceful synchronised routine in time with the music and synchronise with the rest of the room

A fun challenge for teams to work together and find the best strategy to perform a task that is likely to be a change from their usual routine
(15 mins)

The Duck Pond

Task: Teams build the longest single span bridge from lego blocks across the town duck pond while dealing with the environmentalist lobby

Graphic illustration of the effects of individual agendas overriding team purpose and the critical difference that common vision, values and goals makes on performance

(20 mins)

Egg Ball

Task: Teams line up and take it in turns to throw a ball to each member of the team in a race against all other teams (captain ball). They start with a tennis ball and complete the race using an egg. They must choose between a raw egg and one that is hard boiled but with a time penalty.

A game of risk assessment with a twist that will test the team's ability to perform (15 mins)

Farmer Farmer

Task: Teams of farmyard animals guide their blindfolded farmer in a race through an obstacle course using just their animal sounds to guide the farmer to the finish line

A short, high energy communication game that challenges assumptions and mental models that can inhibit their ability to transmit a meaningful message to the recipient (20 mins)

Feeding Frenzy

Task: Participants in pairs take a meal together and must spoon-feed each other in order to get anything to eat

A game that will break down barriers between participants and encourage the adoption of a "do-whatever-it-takes" attitude. (20 mins)

Financial Castle Keeps

Task: Teams make the most cost effective and tallest mediaeval castle out of paper, straws and tape. They must keep accurate records of costs and profits to account to a demanding King's Treasury.

A very challenging, fun, team action game with different components and costs that will test participants' ability to stay on task, make a profit, support their leader and build a firm foundation for success in an uncertain future (90 mins)

Financial Castle Keeps Plus

Task: Teams make the most cost effective and tallest mediaeval castle out of paper, straws and tape. Then deal with an abundance of opportunities to add value and transform their castle completely. They must keep accurate records of costs and profits to account to a demanding King's Treasury.

A very challenging, fun, team action game with several opportunities to enhance their product and manage costs that will test participants' ability to stay on task, make the greatest profit, add value to stakeholders, support their leader and build a firm foundation for success in an uncertain future (90 mins)

Financial Castle Keeps Plus II

Task: Teams make the most cost effective and tallest mediaeval castle out of paper, straws and tape. Then deal with an abundance of opportunities to add value and transform their castle completely. They must keep accurate records of costs and profits to account to a demanding King's Treasury and place an egg on top to ensure stability.

A very challenging, fun, team action game with several opportunities to enhance their product and manage costs that will test participants' ability to stay on task, make the greatest profit, add value to stakeholders, support their leader and build a firm foundation for success in an uncertain future (90 mins)

Galloping Golf (Outdoor Game)

Task: Participants, in their teams, putt the maximum number of golf balls into a bucket from about 50 metres

A very high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance. How do they organise their team for the greatest effect?(20 mins)

Genesis Manufacturing (Case Study)

Task: Participate in a meeting of fellow supervisors to plan computer production while handling a barrage of problems in the absence of the senior management

A true-to-life crisis in a computer manufacturing business that will test everyone's team, problem solving and communication skills in a demanding environment (60 mins)

George and Mildred

Task: Pairs of participants negotiate the final aspect of their divorce settlement, the child support arrangements in an emotional game of winners and losers

A great negotiation skills role play that is bound to bring up some emotion for participants and test their learning and use of negotiation tools and techniques (30 mins)

Get Christmas Off My Back

Task: Participants write their barrier to Christmas cheer on a label and stick it on someone else's back. They remove it by asking questions that lead them to discover what they have written on their back

Christmas variation on Off My Back which enables participants to surface and handle the issues that can spoil Christmas festivities (20 mins)

Getting What You Want

Task: Getting what you want by winning an arm-wrestle with a partner

A game that introduces the WorldGAMES methodology and looks at the benefits of collaborative teamwork rather than an individual winning at all costs. Identifies the common communication styles that split teams apart and the different approach required to pull teams together (15 mins)

Gilligans Island

Task: Row your team to the safety of the island using chairs in Indian file, take the one from the back to the front of the line in rotation. A team race to the island using a "canoe" of chairs

A fun and fast moving energiser that will wake participants up and test their ability to synchronise activity under pressure. (15 mins)

Gilligans Island in Rows

Task: Row your team to the safety of the island using the seats in theatre style rows, participants on the right end to the row move to the vacated seat on the left as the rest of the team shuffle up. A team race to the island using a "canoe" of seats

A fun and fast moving energiser that will wake participants up and test their ability to synchronise activity under pressure. (5 mins)

Global Automobile Parts (Case Study)

Task: Teams play the part of the new CEO of GAP for a day, determine what they know, need to know, how to go about finding the key facts and setting out an action plan

A powerful scenario for any manager or aspiring manager, a chance to be Chief Executive of a global organisation and make your own decisions about the future of its operations. A flight simulator for corporate pilots (90 mins or more)

Global Automobile Parts 2 (Large Group Full Day Exercise)

Task: Teams play the part of the new CEO of GAP for a day, determine what they know, need to know, how to go about finding the key facts and setting out an action plan. Taking that plan, they compete with other teams as they access more information and refine their action to a final 10 point plan for submission.

A powerful scenario for any manager or aspiring manager, a chance to be Chief Executive of a global organisation and make your own decisions about the future of its operations. A flight simulator for corporate pilots (all day)

Global Automobile Parts (Part II)

Task: Teams play the part of the new CEO of GAP each team working on separate plans for the USA, UK and SE Asian operations as well as global sales and marketing, production and support services in order to maximise global efficiency of the operation. Participants determine what they know, need to know, how to go about finding the key facts and setting out an action plan. Facilitator will guide them throughout, demonstrating the tools to use in order to get their plan into a presentation to the Board.

A powerful scenario for any manager or aspiring manager, a chance to be Chief Executive of a global organisation and make your own decisions about the future of its operations. A flight simulator for corporate pilots (half day)

Global Automobile Parts (Part III)

Task: Teams play the part of the new CEO of GAP and plan what to do with the Head Office function in order to maximise global efficiency of the operation. Participants determine what they know, need to know, how to go about finding the key facts and setting out an action plan. Facilitator will guide them throughout, demonstrating the tools to use in order to get their plan into a written report and to present their plan to the Board.

A powerful scenario for any manager or aspiring manager, a chance to be Chief Executive of a global organisation and make your own decisions about the future of its operations. A flight simulator for corporate pilots (half day)

Good Week News Review

Task: Participants use the format of the well know Television program to summarise the events and learning experienced during the training program.

An innovative and challenging team event that can round off a training program in sensational style. (1 -2 hours)

Handshake Game

Task: Score as many points as you can by pulling your partner's hand to your hip

A game that introduces the WorldGAMES methodology and looks at the benefits of collaborative teamwork rather than an individual winning at all costs (15 mins)

Harry's Letters

Task: Teams of participants watch a video clip from *Harry Potter and the Philosophers Stone* and then must get their team message to their Harry in the cupboard under the stairs. To be successful they must elude the wicked Uncle and his devices.

A very useful communication tool that is a great metaphor for sending and receiving messages in a siloed workplace. (20 mins)

Healthy Cocktail Capers

Task: Participants are provided with the name of a health drink ingredient and must find others with different ingredients to join their healthy cocktail team. Teams of six or more have the barman prepare their cocktail ready for sampling by the team and judging

A fun introduction game that demonstrates the opportunities and pitfalls of team blending (30 mins)

Holy Grail Maze Challenge

Task: Watch a short clip from *Indiana Jones and the Last Crusade* and get the team through the maze of letter squares in the fastest time possible without verbal communication

A high energy game that illustrates the importance of team support for the team member on task, being in action and correcting mistakes quickly (15 mins)

Horizontal Plutonium Pills

Task: Teams carry all of their "hot" plutonium pills to the safe container in the fastest time possible but the person carrying the pills must not touch the ground and must wear the only pair of gloves.

Great energiser and problem-solving task ideal for demonstrating the working of the results spiral in achieving extraordinary results. (15 mins)

House of Cards

Task: Teams build the tallest house of cards but what assumptions do they make and do they stick with accepted norms or innovate?

An energetic game that will challenge mental models most don't realise they have and that can prevent or slow business innovation (20 mins)

House of Cards Reforecasts

Task: Teams build the tallest house of cards but what assumptions do they make and do they stick with accepted norms or innovate? They first set a target height, then adjust it in the light of experience and try again, finally they reforecast and measure the end result.

An energetic game that will challenge mental models most don't realise they have and that can prevent or slow business innovation while demonstrating actual, budget and reforecast results. (20 mins)

If Hens Could Fly ...

Task: Drop an egg from 3m without breaking it using only the props provided

An exciting team challenge - how to stop an egg, dropped from 3m, becoming scrambled using a few basic props in a creative way. A game that is an ideal metaphor for keeping system solutions simple and effective (and saving costs/achieving the desired result quickly)
(30 mins)

Indiana Jones Raft Challenge

Task: Watch a short clip from *Indiana Jones and the Last Crusade* and see “Indy” swept into the sea. Participants must then get their “Indy” lego person to float on a raft of straw and gladwrap.

An exciting challenge that demonstrates the power of teamwork in solving problems and the advantage of all being in the same boat together
(15 mins)

In Search of the Lost Tribe (Indoors)

Task: Teams of survivors from a plane crash in the Andes must find their way through a series of challenges (games) to find the Lost Tribe to guide them back to civilisation

Multiple team challenges abound in this fast-moving race to survive the rigors of the high Andes and return to civilisation while testing leadership, coaching, problem solving and a host of other skills
(40 mins)

Introducing Irene

Task: Introduce team members to each other using alliterative names in a relay race

High energy introduction energiser that will test participants’ memory skills and provide a useful communication tool
(15 mins)

Italian Job (Beyond the)

Task: Having watched a short end clip from the famous film, teams need to use all their problem solving skills to rescue the gold from the coach before it plunges over the cliff.

A powerful problem solving game that will take careful planning and excellence of execution if teams are to succeed.
(45 mins)

Italian Job (6 Thinking Hats)

Task: Having watched a short end clip from the famous film, teams need to use De Bono’s 6 Thinking Hats process to maximise their options for rescuing the gold from the coach before it plunges over the cliff.

A powerful problem solving technique in a game that will take careful planning and excellence of execution if teams are to succeed.
(45 mins)

Jig Saw Vision

Task: Participants find their teams according to the jigsaw pieces they select then answer a simple question about their puzzle

A team formation game that encourages participants to interact and take a broader view.
(5 mins)

Kite Game

Task: Make a kite from only the resources provided that flies higher than anyone else's kite

A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance
(15 mins)

Kite Game II

Task: Each participant is given a component that can be used in making a kite. They must form teams and, from only the resources they bring to the team, make a kite that is more decorative and flies higher than anyone else's kite. Each participant must fit their resource to their team kite themselves

A high energy game that challenges participants' ability to sell or value themselves and their assumptions that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance
(40 mins)

Leaders Tug-of-War

Task: Leaders recruit their own tug-of-war team by appealing to participants to join their team in a traditional game of strength

A confronting game for any would-be leader. Have they got what it takes to inspire others to join them or will people simply sit back and watch?
(30 - 60 mins)

Leading Coaches

Task: Teams design an educational children's board game in two blocks of 5 minutes each and present their game. At the half way point they lose their leader to be coach of a different team

Emphasises the incredible creativity of teams when set a demanding task. Usually produces some amazing results as well as comparing leadership and coaching styles (40 mins)

Leading Coaches Outdoors

Task: Teams design an outdoor training game in two blocks of 5 minutes each and present their game. At the half way point they lose their leader to be coach of a different team

Emphasises the incredible creativity of teams when set a demanding task. Usually produces some amazing results as well as comparing leadership and coaching styles (40 mins)

Lego Aeroplane

Task: Participants create their own aeroplane out of a few pieces of Lego

A simple illustration of how many different ways there are to achieve the same result. A game that will challenge mental models and any participant who thinks there is only one correct way to do things (15 mins)

Lego Duck

Task: Participants create their own duck out of a few pieces of Lego

A simple illustration of how many different ways there are to achieve the same result. A game that will challenge mental models and any participant who thinks there is only one correct way to do things. (15 mins)

Logo Design Competition

Task: Teams of participants design a logo for their company using the design data and roles assigned. The game includes certain true to-life communication barriers.

Can be used to highlight the importance of an open communication flow and the consequent unpredictability of the results while it is lacking. (25 mins)

Lost Tribe in the Bush (Outdoor Game)

Task: Teams of survivors from a plane crash in the Andes must find their way through a series of challenges (games) to find the Lost Tribe to guide them back to civilisation

Multiple team challenges abound in this fast-moving race to survive the rigors of the high Andes and return to civilisation while testing leadership, coaching, problem solving and a host of other skills (1 - 2 hours)

Luke Ludo

Task: Participants watch the thrilling climax of *Star Wars* and then become Luke Skywalker and his craft. Teams of participants drive their eyes-shut partners around the room relay style before the last pair drop their “missiles” into the Death Star

A short and very energetic fun game that demonstrates the effect of different trust levels on team performance (15 mins)

Mash Emergency

Task: The MASH unit has been bombed. Only 6 of the 18 critically injured survivors can be saved. Participants and then teams decide who will be treated first

A test of values, empathetic teamwork and resolution skills in an emotive environment that challenges assumptions and prejudices (30 mins)

Maths Game

Task: Get teams of four to choose one expert at addition, subtraction, multiplication and division and give them an exam paper - the first team to return the paper is the winner

A very quick game that illustrates the power of assumption and mental models - how many teams complete the test and how many simply hand in the paper as instructed? (5 mins)

Maze Game

Task: Teams must find their way through the maze of squares in the fastest time possible without verbal communication

A high energy game that illustrates the importance of team support for the team member on task, being in action and correcting mistakes quickly (20 mins)

Minefield Game

Task: Teams must find their way through the minefield hidden in a maze of squares in the fastest time possible without verbal communication

A high energy game that illustrates the importance of team cooperation support for the team member on task, being in action and correcting mistakes quickly (40 mins)

Mini Bridge Building Team Challenge

Task: Each team must build a faithful, load-carrying replica of a local iconic bridge from newspaper, straws, hose pipe and a selection of other everyday materials in competition with other teams. Each bridge is judged on its likeness, length and ability to hold weight.

A game that really challenges team vision, planning and doing-whatever-it-takes when they are confronted with a problem solving exercise. (40 mins)

Moon Buggy Relay

Task: Teams sit out of sight of each other. The first team must construct the most effective Moon Buggy from plastic Meccano kits that contain far more than they need and relay verbal instructions to the next team on how to make it. End results are compared

A problem solving game that will illustrate team dynamics, creative problem solving and effective communication in action. (25 mins)

Neanderthal Relay

Task: Team members receive and pass on a message to their colleagues that is critical to their clan survival in a time before modern language existed

A high-paced relay race without words that will challenge participants ability to use nonverbal communication to convey their meaning (15 mins)

Neanderthal Relay for Large Teams

Task: Team members divide into separate roles as they receive and pass on a message to their colleagues that is critical to their clan survival in a time before modern language existed

A high-paced relay race without words that will challenge participants ability to use nonverbal communication to convey their meaning (15 mins)

News Room Dilemma

Task: Team members are the editorial team at the news desk of an international newspaper. A sensational story is breaking and they are in a position to have a worldwide exclusive, if they can agree on the story angle to take in a minefield of conflicting values

A test of values, empathetic teamwork and resolution skills in an emotive environment that challenges assumptions and prejudices (30 mins)

Off My Back

Task: Participants write down their three key barriers to team performance, select the most emotive one to them and stick it on another participant's back. They remove the sticker on their own back by asking laser-like questions

Communicating and overcoming the key barriers to improved team performance in a lively game, followed by a problem solving exercise. A quick and safe way to discover the real issues on a team and how to lessen or eliminate the problem (20 mins)

One Card Stud

Task: Make the best poker hand possible in the room from participants each with a single card distributed at random

An invigorating introduction game with plenty of challenge and action. What will it take for each participant to ensure they make the very best of the hand they are given? (15 mins)

Pans Party

Task: Participants watch Peter Pans food creation scene from *Hook* then draw a dessert ingredient from the bucket and must find others with different ingredients to join their dessert team. Teams of five or more prepare their dessert ready for sampling by the team and judging

A fun finale game that demonstrates the opportunities and pitfalls of team blending (30 mins)

Pass the Ping Pong

Task: Pass the ping pong ball along the line in the fastest time possible

Great energiser and problem-solving task ideal for theatre style seating (10 mins)

Pipeline Game

Task: Teams of participants must make a pipeline of straws and tape from one end of their row to the other. Then pass a paper clip along the line inside the pipeline one way and a golf practice ball around the outside of the pipeline the other way from end to end in the fastest time possible

Great energiser and problem-solving task ideal for theatre style seating (5 mins)

Pirate Gold

Task: Solve the ancient riddles and rhymes that the pirate Blackbeard has left his heirs and find the treasure on the team treasure map.

A clash of individual agendas and team needs graphically illustrated in the race for Blackbeard's gold. A great opportunity to show the effects of trust and common vision on team results. (45 mins)

Pirate Gold in the Park

Task: Solve the ancient riddles and rhymes that the pirate Blackbeard has left his heirs, move to the correct location and find the treasure in the park using the team treasure map as a guide.

A clash of individual agendas and team needs graphically illustrated in the outdoor race against all comers for Blackbeard's gold. A great opportunity to show the effects of trust and common vision on team results. (60 mins)

Powerline

Task: Stand in a team line in order of perceived power. Conduct several personal power enhancing exercises and line up again. Test the new structure in a team challenge

How do participants' perceptions of personal power match reality and how can they behave at their most powerful in their team function. This game will show how (60 mins)

Q's Toys

Task: Individual participants watch a Bond film clip demonstrating Q's new toys and invent their own spy gadget that is both useful and well disguised. They then join their team and design a team gadget. All teams make a high energy presentation of their best gadget including how, when and against whom to use it.

A fun brain teaser that will test both individual and team creativity and ability to think laterally. (40 mins)

Raging River Crossing (Outdoor Game)

Task: A team finds itself divided on each bank of a raging river and must use the resources and other equipment available to safely reunite

An effective illustration of teamwork and the need for all members to participate to overcome a major barrier to meet the team objective. A game that will challenge participants ability to communicate among themselves and across the void before they have the resources in the right place and a feasible solution (90 mins)

Raging River Crossing with Ropes & Pulleys (Outdoor Game)

Task: A team finds itself divided on each bank of a raging river and must use the ropes, pulleys and other equipment to safely reunite

An effective illustration of teamwork and the need for all members to participate to overcome a major barrier to meet the team objective. A game that will challenge participants ability to communicate among themselves and across the void before they have the resources in the right place and a feasible solution (120 mins)

Relay Challenge

Task: Teams race each other in a kids style relay race with egg and spoon, sack, wheelbarrow, chariot and three legged race components

An exciting and energetic relay race that will challenge participant's mental models and assumptions and demonstrate how to achieve extraordinary results (20 mins)

Retail Rewards

Task: Teams compete around their Monopoly Boards to make the most sales, cash and/or profit in a retail trading game that emulates, and is customised to, the trading cycle of the retail client organisation.

An exciting and energetic customisable game that mirrors the profit drivers of retail business, demonstrates how participants can impact profitability and achieve extraordinary results
(2 - 3 hours)

Ribbon Rows

Task: Teams in their theatre style rows must pass the team ribbon along the line so that it passes through an item of clothes of every team member in the fastest time possible and then pass a practice golf ball along the ribbon from one end to the other.

Great energiser and problem-solving task ideal for theatre style seating (5 mins)

Sailing Boat Challenge (Outdoor Game)

Task: Participants are challenged to construct a paper boat from the props provided and then "sail" their boat across a lake.

A short, high energy game that challenges the mental models that can inhibit their ability to reach the kind of innovative solutions that dramatically improve performance. Do they assume that the boat must sail or what a boat should look like? (20 mins)

Selling Game

Task: To sell a simple stationery item to another group member

What makes a great salesperson in action, finding out what works and what does not and experiencing a simple five step process to successful selling (20 mins for 2 rounds)

Selling Qualities

Task: To determine what product best illustrates a participants own personal qualities and the qualities of their team, then selling their product to others

Selling yourself in a novel environment. what product best reflects your personal qualities?
(30 mins)

Seminar Secrets

Task: Pass the simple message down the line intact to win a major prize

Communication blocks and filters in action. Barriers to successful communication and to improved performance (15 mins)

Simon Says (VKA)

Task: Participants play Simon Says and take responsibility for their outcomes

A game that demonstrates the power of visual representation compared to verbal command and the effects of incongruence in a simple children's game (10 mins)

Sky Pilot

Task: Small teams of participants must find their common symbols while being restricted to written communication

A powerful communication game that no executive or manager should miss - highlighting corporate communication styles and barriers to understanding of the intended message. Looks at the unconscious assumptions that are made in any communication (40 mins)

Spectre Satellite

Task: SPECTRE, despite the efforts of James Bond, has succeeded in hijacking and reconfiguring a satellite capable of reducing greenhouse gases. The rogue satellite can now magnify the destructive effect and increase global warming. The World's governments are refusing to buckle to the extortion threatened by SPECTRE and instead have planted agents in all greenhouse gas producing industries. Represented by teams of participants, the agents' task is to urgently reduce greenhouse gases, while minimising any costs, and save the world. Each team represents a different country and each pair of participants are the agents within a company in that country. The most effective at thwarting SPECTRE will win the game.

A race against time to save the world that is active, with an open-cry carbon credit market, and that demonstrates the critical business balance necessary between ecology, competition and profit. A fun and action-packed demonstration of the benefits of balance.

(3 - 4 hours)

Speed Pack

Task: Participants collect their given numbers one at a time from a pack of cards circulating round the team against the clock

A game that demonstrates the importance of clear rules, working together and clear communication in achieving real team synergy (15 mins)

Star Trek

Task: Evacuate universal leaders from the USS Enterprise in the correct sequence and save the world from apocalypse

An excellent, future orientated team problem solving game that combines a number of different skills and behaviours in action. Especially good in demonstrating the rapid learning that can be achieved by monitoring and measuring results (40 mins)

Star Trek II

Task: Evacuate universal leaders from the USS Enterprise in the correct sequence and save the world from apocalypse

A competitive version of the game for large teams and conferences. (40 mins)

Target Balls

Task: Teams score as many points as possible by hitting the target in two rounds, one constrained and prescriptive, the other supportive and free

An all action game that illustrates the vital importance of having fun, team spirit, a continuous improvement philosophy and simple, effective systems in achieving extraordinary results. Provides a stark contrast between two different leadership styles (25 mins)

Team Aeroplane Game

Task: Team members make a paper aeroplane that goes further than any other team's paper aeroplane. Do they act alone or cooperate and achieve a better result?

A short, high energy game that challenges participants' assumptions and the mental models that can inhibit their ability to work together and dramatically improve performance (10 mins)

Three Ring Circus

Task: Teams draw a circus act from the hat and create, plan and present, in high energy fashion, their act in simultaneous competition with others

A creative exercise that mirrors the performance of many organisations where departments or divisions compete against one another in a circus rather than cooperate to produce the best show possible (30 mins)

Titanic Raft Challenge

Task: Teams watch the video of the last 10 minutes of the sinking of the *SS Titanic* and then use a Lego character, straw and clingfilm to simulate their escape, or otherwise, from the ship on a raft

An exciting challenge that demonstrates the power of teamwork in solving problems and the advantage of all being in the same boat together (20 mins)

Towering Inquisition

Task: Team leaders build a tower of kiddies blocks by asking the precise questions that will allow team members to hand over their blocks

A communications exercise in asking questions and using feedback (20 mins)

Trusting Drivers

Task: Participants drive their eyes-shut partner around the room as fast as safely possible

A short and very energetic fun game that demonstrates the effect of different trust levels on team performance (5 mins)

Un-Useless Inventions

Task: Teams invent their own *Chindogu* the Japanese art of inventing a gadget that is both useful and useless at the same time and decide on who would be the perfect recipient.

A short and fun brain teaser that will test teams' creativity and ability to think laterally. (10 mins)

Un-Useless Inventions II

Task: Individual participants invent their own *Chindogu* the Japanese art of inventing a gadget that is both useful and useless at the same time and decide on who would be the perfect recipient. They then join their team and design a team Un-Useless invention. All teams make a high energy presentation of their best gadget

A fun brain teaser that will test both individual and team creativity and ability to think laterally. (30 mins)

Values Exchange

Task: Participants identify their core values, then get to test them as they prepare to be transported off to a new planet and must trade the values and cash they are to take with them

An interesting test of real values and how flexible participants are in holding on to them in the face of a cash alternative. Are they prepared to do-whatever-it-takes to get the values that really matter to them? (25 mins)

Vogon Poetry Competition

Task: Teams of participants watch a short video clip from Hitch-Hikers Guide to the Galaxy and then create their own Vogon poetry, the 3rd most excruciating poetry in the universe. Each participant must write at least one line and the completed work must be presented to the rest of the teams in the room in the most boring way possible.

A fun and creative presentation activity with a difference. (20 mins)

Volley Balloon

Task: Teams participate in grand final mini volleyball competition using a balloon and some very unusual rules

A team challenge where every member gets to play each role on their volley balloon team. A high energy and exciting way to practice teamwork and team roles (30 mins)

Warp Speed

Task: Pass a ball in set order to everyone in the circle in the fastest time possible

Involves creative systems being developed by the team in order to complete the simple task in extraordinary time without loss of attention to detail or compromise of the result (10 mins)

Warp Speed Soccer

Task: Teams must score goals by passing a giant beach ball from one end of the soccer field to the other, across marked zones, without leaving their designated lines

Involves creative systems and continuous improvement strategies being developed by the team in order to complete the competitive task and win the game (25 mins)

Water Carry

Task: Teams carry brim-full cups of water down the course without touching the floor or spilling any on the way, with only a few props to help. Will they improve their time as they practice and get more inventive?

Energetic problem solving game demanding teamwork, task focus, lateral thinking and evaluation of continuous feedback in order to achieve excellent results (30 mins)

Water Carry Blindfold

Task: Blindfolded team members carry brim-full cups of water down the course without touching the floor or spilling any on the way, with only a few props to help.

Energetic problem solving game demanding cooperative teamwork, task focus, lateral thinking and evaluation of continuous feedback in order to achieve excellent results (30 mins)

Zoo Carless Rally

Task: Participants must find answers to the car rally style questions, and provide photographic evidence of completion of activities, while walking and observing things in and around the zoo venue. Some treasure hunt similarities, plenty of cryptic clues and fun challenges abound in an exercise structured to have something in it for everyone. This one is customised to Toronga Zoo in Sydney.

A great way to test and improve participants' observation skills, do-whatever-it-takes motivation and ability to plan the most effective course of action. (90 mins)

Exercise List (Alphabetical)

Active Listening Game

Exercise: Participants test the effects of not listening at all and listening actively on their partner's ability to communicate with them

Advocacy and Inquiry

Exercise: Participants demonstrate their behaviour in a conflict situation and are provided with an alternative approach to improve resolution.

An effective means of communicating without losing rapport or creating tension and conflict

Advocacy and Inquiry 360°

Exercise: Participants demonstrate their behaviour in a conflict situation and are provided with an alternative approach to improve resolution in 360° feedback situations.

An effective means of communicating without losing rapport or creating tension and conflict

Alien for Dinner

Exercise: Participants question some of humanity's social norms and regulations in the guise of an alien at a dinner party seeking to understand why people do the things they do.

Provides an opportunity for participants to challenge the way things are and find alternative solutions.

Belbin Communication Challenge

Exercise: Divide participants into four complementary Belbin Team Type groups and ask them to write out the key points they would use to enroll each of the 3 other groups in taking on an onerous task.

A challenge to participants to understand what motivates others

Belbin Team Types

Exercise: Participants complete the Belbin Team Type Preference questionnaire

Identifies participants team role preferences.

Belbin Team Types Exercise

Exercise: Participants in their Belbin Team Type groups state their own types preferences and how they react and behave in given situations

An illuminating exercise which contrasts the way in which the Belbin Team types view the world. A frequent eye-opener for participants providing tools for communicating with others.

Building Rapport

Task: Participants learn and practice 3 key areas and 18 top tips for building rapport

Simple but effective ways to get “in tune” with others and give them a feeling that you really care about them

Cat With a Fish

Exercise: Participants write down, on a paper fish and in feline terms, a conflict within the workplace involving them and that is unresolved. Participants then place their fish in a bowl. Groups of participants draw the fish randomly and flipchart feline suggestions of ways to resolve the issue

A powerful way of depersonalising internal workplace conflict and providing lateral opportunities for resolution in situations where *Dog With a Bone* is inappropriate.

Chunking Up, Chunking Down

Task: Participants learn to move simply and easily from big picture to detail and back again.

A great way to build flexibility of approach and thinking.

Chunking Up to Maintain Agreement

Exercise: Participants practice the art of chunking up to the big picture and the chunking down to detail only so long as they can maintain agreement.

Illustrates the old adage that *the devil is in the detail*, this is where most negotiations fall apart. Continually bringing the other party back to the agreed big picture can resolve the issue of initial disagreement of the detail

Clapping to Ten

Exercise: All participants in the room are asked to clap to ten in time with the facilitator.

A powerful, if surprisingly difficult, exercise that is especially effective in energising and building rapport with a very large group.

Complaints Exercise

Exercise: Individual participants analyse the case study company complaints statistics in a pen and paper exercise designed to test their ability to see patterns in numbers and draw appropriate conclusions from what they see.

Demonstrates the ability to see behind the numbers.

Customer Word Association

Exercise: Participants record 10 words they associate with “customers” and then find any common words on their team

Illustrates the different meanings and associations people have about customers and whether there are any negatives that need to be dealt with in the group.

DISC Communication Challenge

Exercise: Divide participants into their disc profile groups and ask them to write out the key points they would use to enroll each of the 3 other groups in taking on an onerous task.

A challenge to participants to understand what motivates others.

DISC in Five Minutes

Exercise: Participants complete the CRN mini-DISC evaluation

A simple, non-labeling way to identify the likely DISC personality profiles of participants

DiSC Pairs Exercise

Exercise: Participants role play all 4 DiSC personality types in different conflict scenarios in pairs

Provides a first hand experience of what it is like to tap into the four DiSC types.

DISC 4 Quadrant Exercise

Exercise: Participants state their own personality profile’s preferences and how they react and behave in given situations

An illuminating exercise which contrasts the way in which the four DISC quadrant personality types view the world. A frequent eye-opener for participants that provides tools for communicating with others.

Dog With a Bone

Exercise: Participants write down, on a paper bone and in canine terms, a conflict within the workplace involving them and that is unresolved. Participants then place their bone in a dog bowl. Groups of participants draw the bones randomly and flipchart canine suggestions of ways to resolve the issue

A powerful way of depersonalising internal workplace conflict and providing lateral opportunities for resolution

Feedback Exercise

Exercise: Participants role play giving and receiving feedback and are provided with an alternative approach to improve resolution in feedback situations.

An effective means of getting the feedback outcome desired - communicating without losing rapport or creating tension and conflict

Feedback Rules 360°

Exercise: Participants demonstrate their behaviour when giving and receiving feedback and are provided with an alternative approach to improve resolution in 360° feedback situations.

An effective means of getting the feedback outcome desired - communicating without losing rapport or creating tension and conflict

Greatest Fears

Exercise: Facilitator flipcharts participants' greatest fears and those from a broadly based study - compares physical threats and mental concerns.

Illustrates the value of fear and how it is often misplaced in modern society.

Greatest Leader

Exercise: Participants recall the greatest leader they have ever experienced and reflect on what made them such a great leader.

Draws the attributes of great leaders from participants to provide an anchor and ownership of the qualities they will need themselves to perform as effective leaders and asks them to demonstrate the results.

Greatest Team

Exercise: Participants recall the greatest team they have ever experienced and reflect on what made them such a great team

Draws the attributes of great teams from participants to provide an anchor and ownership of the qualities they will need themselves to perform in an effective team and asks them to demonstrate the results

Heavy Hands

Exercise: Participants shut their eyes and imagine a helium balloon attached to one hand and a very heavy book resting in the other. With the help of a few simple suggestions, participants' subconscious minds reacts as if the opposing forces were real.

A very visual demonstration of the power of the subconscious mind.

Hooked Up

Task: Small teams of participants watch the scene from *Hook* where Captain Hook has kidnapped Peter Pan's children and has them in a cargo net. Teams must then flipchart the options available to Pan in order to save his children.

A simple lateral thinking exercise that illustrates how emotion can limit options.

If I Was In Your Shoes ...

Exercise: Participants try to put themselves in the position of the person they are interacting with and answer questions about how their words and actions may be viewed by the recipient.

A good opportunity for insight into participants' own behaviour and ability to empathise.

Improbable Outcomes

Task: Small teams of participants watch the video of *Lost World*, the Jurassic Park sequel, where the trailer is pushed over the cliff and the team escapes as it falls around them. The team then flipcharts all of the improbabilities in the film clip.

A fun way for participants to expand their awareness of what they see.

Investor Exercise

Task: Participants make a decision on where to invest \$10 m for 10 years to obtain the best returns from a range of investment options with a minimum of information.

Draws out the difference in investment returns required to compensate for the element of risk.

I Statements Exercise

Exercise: Participants learn to express their emotions cleanly and without blaming others

A simple but powerful way to express feelings so that others can hear.

Italian or Chinese Exercise

Exercise: Participants resolve the issue of where to eat when two friends want to have different dinners.

Shows the subtle but critical difference between compromise and resolution

Logo Challenge

Exercise: Teams design a logo for their company using design information and roles assigned to them.

An exercise designed with true to-life communication barriers.

Mapping The Conflict

Exercise: Participants learn to use a simple but powerful Conflict Resolution tool

Provides participants with a emotion-free map of the conflict that enables all points of view to be seen in perspective and lead to resolution

Matching & Mirroring

Exercise: Participants match each other's physiology while listening and talking to better understand each other and build rapport.

A very simple exercise that demonstrates how adopting another person's physiology can create a feeling of togetherness.

Middle Family Accounting Exercise

Task: Participants take a typical Australian Household's figures and convert them into a simple set of accounts.

A short, hands-on demonstration of the constituent parts of a set of financial reports.

Middle Family Budgeting Exercise

Task: Participants take a typical Australian Household's figures and convert them into a simple set of budgets.

A short, hands-on demonstration of budgeting.

Middle Family Reforecasts Exercise

Task: Participants take a typical Australian Household's figures and reforecast budgets in line with actual experiences and planned actions.

A short, hands-on demonstration of reforecasting.

Monty Python Olympics

Exercise: Teams watch the skit on the Monty Python Olympics - 100 metres sprint for those with no sense of direction, marathon for the incontinent, 100 metres freestyle for non-swimmers - (or have the events described to them) and must invent their own Olympic event that best depicts their own team, division or organisation.

A simple, fun but powerful way to draw out the strengths and pitfalls of the organisation.

Noah's Ark

Exercise: Participants write down the name of a species of animal they most admire and are then lead by a short series of written questions to find the similar qualities in themselves that lead them to this choice. A great way to engage a personally powerful state.

A simple but powerful exercise that demonstrates internal choice and power.

Nuts Exercise

Exercise: In small groups on presenter must talk for 3 minutes on a topic they receive when the clock starts. The other group members "help you" by giving feedback during the presentation - encouragement if it's good and throwing paper if it isn't.

A presentation exercise designed to encourage spontaneity and resilience in the face of feedback. A key to the success of this exercise is that the feedback is off putting in a structured and "safe" way which allows participants to build a strong self reference.

Official Business

Exercise: Participants role play different conflict scenarios in teams of 3 or 4

Tests communication and conflict resolution skills and the ability to observe and coach others

Official Telephone Business

Exercise: Role play different telephone communication conflict scenarios in teams of 3

Tests communication and conflict resolution skills as they apply to telephone conversations and the ability to observe and coach others

Our Olympics

Exercise: A great follow up to Monty Python Olympics. Teams agree on the actual Olympic event or experience that most inspires them and illustrates the culture they desire for their own workplace.

A simple, fun but powerful way to draw out the desired culture for the team or organisation.

Parent Line

Exercise: Participants write down the occupation of one of their parents or grandparents and place them in a bucket. Whoever draws that occupation must guess who the writer is.

Tests assumptions and judgments in a new group. A good introduction exercise.

Personal Action Planning Exercise

Exercise: Plan action to reduce or completely overcome the identified barriers

What are participants going to do differently on their return to the office? What is the one thing they can do that will have a positive impact, no matter how small?

PERT Exercise

Exercise: Participants learn the fundamentals of the Performance Evaluation Review Technique and experience how it works in practice by planning a dinner party.

A fun, accelerated learning way to discover and understand how operate a powerful planning tool.

Pet Names

Exercise: Participants think of the name of a pet animal they would most like to have for themselves and then find the qualities in themselves that lead them to this choice.

A simple but powerful exercise in self-awareness.

Planet Of the Apes

Exercise: Participants watch a video clip from the original film *Planet of the Apes* and then reflect on what would be important enough to make them go on such a one-way venture and what would be important enough for them to remain.

A powerful self-reflection exercise which can be used to compare and contrast what is important with what participants are doing.

Power Triangle Role Plays

Exercise: Participants role play different scenario from the position of “intimidator”, “rescuer” and “victim”

A powerful way to understand how self and others operate

Power Triangle Role Plays II

Exercise: Participants role play alternative scenario for cultures where the Christmas Party approach is not appropriate from the position of “intimidator”, “rescuer” and “victim”

A powerful way to understand how self and others operate

Presentations Exercise

Exercise: Participants prepare and deliver a 5 minute presentation on an environmental topic selected at random

Tests participants ability to present powerfully and analytically to a group

Pressure Cooker Exercise

Task: Small teams of participants discuss, agree and write out on their pressure cooker logos their most frustrating causes of pressure. Each pressure cooker is placed on a flipchart and handed to another team who brainstorm solutions. Flipcharts are worked for as long as it takes to identify multiple solutions.

Identifying, communicating and overcoming the key barriers to pressure management and improved business performance.

Product Knowledge Exercise

Exercise: Teams of participants, in competition with each other, answer a light-hearted, but seriously intentioned, product quiz against the clock using pamphlets, manuals, guides, computer-based information and text books to help them.

An exercise in both teamwork, product knowledge reinforcement and where to find it.

Proverbial Charades

Exercise: Participants use charades to discover a well know proverb.

An illustration of body language in operation.

Red Dot Exercise

Exercise: Use the red dots provided to vote for the biggest barriers to performance

Prioritising barriers to performance confronting this group and how to overcome them. This session will also provide the priorities for planning action

Ring Tale

Exercise: Participants draw a phrase from the bucket and stand in a team circle. When it comes to their turn they have one minute to continue the story from the previous team member and weave their phrase into that story.

A fun way to meet a new group and test communication and presentation skills at the same time.

Safety Exercise (Fact Finding)

Exercise: Participants are given a jumble of information and must make conclusions based on the facts given. The conclusions are then to be presented in an articulate and coherent form.

An exercise which provides a number of points which can be assessed - presentation, reasoning, data analysis and explanation.

Sentence Line

Exercise: Participants draw a word from the bucket and share it with their team. The team must then arrange themselves, without talking, in word order so that the sentence makes sense. (The required sentence is organisation specific and could be a message the company wants to promulgate)

A fun way to get a new message across and test team skills and assumptions.

Snaking Word Association

Exercise: Participants stand in a circle. One person starts with the word "snake" and whispers an associated word to the person in front of them, who whispers an associated word to the next person and so on. At the end of each circuit the current word is recorded.

Illustrates the different meanings and associations words create and how quickly thoughts and associations can move away from a fixed starting point.

Tag Team Presentations

Exercise: Teams of participants prepare and deliver a 5 minute presentation on an environmental topic. The team member speaking is tagged at random intervals by another team member who must continue fluently with the presentation.

A fun test of teamwork and participants ability to present powerfully at the drop of a hat.

Team Coat of Arms

Exercise: Teams draw a collective coat of arms that illustrates their aspirations for the team.

A simple and effective way to agree on the vision for the team

Team Scenes

Exercise: The team is given a set of phrases which they must assemble into a scene and then act out as a short skit.

A fun exercise to draw together creativity, and team work while also demonstrating that there can be many solutions. A subtly hidden metaphor where negotiation can also be important to create a scene to act out before the performance is due to begin

Team Values and Rules Exercise

Exercise: Participants set the core values, and flowing from them the protocols and rules, that form the context in which the team will operate.

A great way to frame acceptable team behaviour.

Telephone Body Language Exercise

Exercise: Blindfolded participants working in pairs act out a telephone conversation. One participants makes changes in their body language, which the other has to copy.

Shows the power of body language in telephone communication.

Telephone Communication

Exercise: Blindfold participants role play simulated telephone communications that identify the relative importance of words, tone and body language and how to build rapport by matching the other party to the phone call.

Identifying and practicing the keys to building rapport on the phone. One of three excellent telephone communication exercises.

Telephone Matching and Mirroring Exercise

Exercise: Blindfolded participants working in pairs act out a telephone conversation. One participants has to match and mirror the other's voice patterns to create rapport.

A simple but effective message as part of effective telephone communication. An exercise which can follow "Matching and Mirroring" to highlight the different representation systems which can be matched or mirrored, and how much information is available in communication.

The Three Brains

Exercise: Participants learn about three different areas of the brain that control instinct, emotion and logic in a simplified model of how the brain functions

Shows how instinct and emotion are triggered faster than logic

Tone Phone Exercise

Exercise: Blindfolded participants working in pairs take turns to say a phrase in a telephone conversation. One participants uses question, command and statement tonalities which their partner has to identify.

A simple but effective way of showing the importance of tone in effective telephone communication.

True Lies

Exercise: Participants write two facts about themselves on their name tags, or on a label. One is true but not know to others in the group, the other is false. Other participants must pick which is the true statement.

A good assumptions exercise.

Two Tips Introduction

Exercise: In large groups, participants have at least 10 business cards each and think of their hottest tip for improved results that are appropriate to the gathering. They must find at least 10 people in the room who think enough of their tip to take their business card. Each interaction results in the giving of two tips, one per participant. Only genuinely useful tips result in the taking of a card.

A fun way to meet new people, share information and test communication skills.

VKA Presentation Exercise

Exercise: Participants create presentations that appeal to all information processing styles - visual, auditory and kinaesthetic using the outline model guide.

Communicating with individuals and groups to achieve the best results. How to engage other modalities

What Have We Ever Done For Them?

Exercise: Participants watch the “What have the Romans ever done for us” scene from *Life of Brian* and then ask the question from a customer service perspective. What has the company really done for clients? What more can it do?

An excellent introduction to maintaining a customer focus.

Whomping Willow Customers

Task: Participants watch a video clip from *Harry Potter and the Chamber of Secrets* where Harry flies into the Whomping Willow and then agree on their teams examples of companies that “whomp” their customers. Teams then reflect on how they too may be whomping their own customers.

A challenging reflection on the true commitment to customer focus.

Who's On Your Team I

Exercise: Participants record their greatest success, the mistake they learned most from, their hero or role model, hidden talent and dream project and share it with a partner

A powerful team bonding game that demonstrates the active listening skill in communication.

Why Change?

Exercise: Participants flipchart their own and their organisational expected benefits from developing better change management skills.

Identifies why and when it is better to develop change management skills and obtains participant buy in to the process.

Why Develop Team Skills?

Exercise: Facilitator flipcharts participants' expected benefits from developing team skills

Identifies why and when it is better to develop team skills than to remain static and obtains participant buy in to the process

Word Association

Exercise: Participants record 10 words they associate with “foot” and then find any common words on their team

Illustrates the different meanings and associations people have even for everyday concrete terms - everyone understands what a foot is, yet they have differing views on what it means to them. A good eye-opener for communication and why it is necessary to check the recipient’s understanding of the message to ensure clarity.

WorldGAMES Olympic Trivia Quiz

Exercise: Participants participate in WorldGAMES Olympic Trivia Quiz

A great way to fill unproductive time or present prior to a training to see who cooperates and who works alone.

WorldGAMES Endangered Species Trivia Quiz

Exercise: Participants participate in WorldGAMES Endangered Species Trivia Quiz

A great way to fill unproductive time or present prior to a training to see who cooperates and who works alone