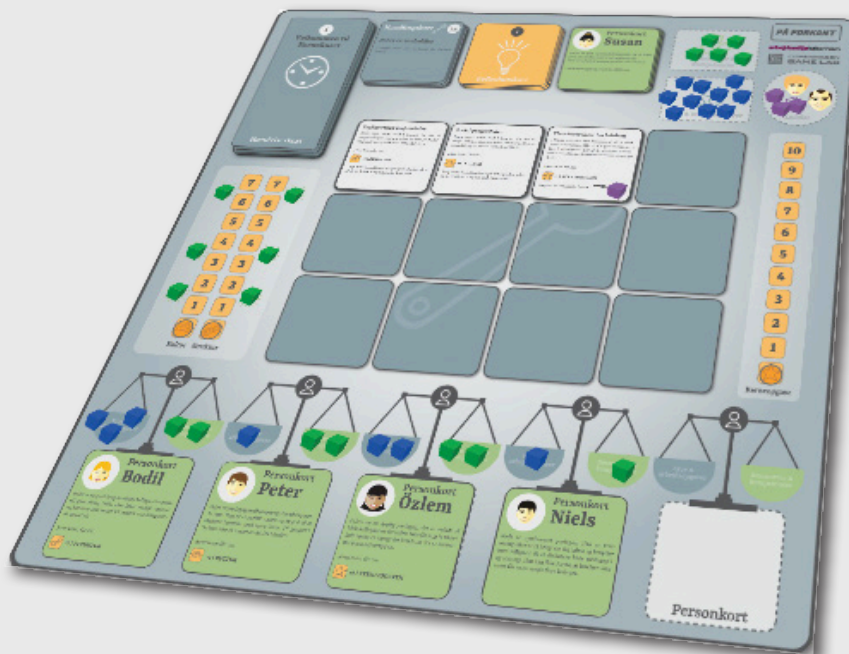


# PROACTIVE



## PROACTIVE

A game about the causes of stress and how to prevent it.

*Do you want to learn more about how to prevent stress in the workplace - in an engaging way - while increasing well-being and output?*

**PROACTIVE** takes the players through a year in a workplace under pressure. As a team you must collaborate to succeed with the core task while at the same time creating a company culture and structure that prevents stress.

During the game the players will reflect upon how to transfer insights and perspectives to their own lives. They end the game by discussing which concrete actions they can take to create a culture and structure that prevents stress in their own workplace.

**PROACTIVE** is based on the most recent theory and practical experience with stress-prevention. You could say that the game is a “stress consultant in a box” - a tool that shows how groups and teams can act proactively when colleagues are at risk of becoming sick with stress. It is also an affordable tool that can be used throughout the organisation to make sure that all employees get a chance to test their experience in a simulated reality, where making the wrong decision isn't costly. All this creates a shared language, useful reflections and a shared ownership of decisions.

### Central Themes:

- How to balance assignments when there is extra work to do?
- How to notice that colleagues are under pressure and what to do about it?
- How to create a company culture and structure that prevents stress?

### Use Scenarios

The target demographic for the game are groups of employees and managers. The game is self-instructing and can be used by internal consultants on team events, workshops, seminars and training courses. The playing time is approximately 2 hours, including time for debriefing. You play in teams of 3-6 people and multiple games can be played at the same time by different groups.

### Why Learning Games?

- The players experience in a simulated reality what they are good at and where their blind spots are.
- The game facilitates a process which integrates transfer of knowledge from games to players and sharing of experiences between the players. It's serious business, but also a lot of fun.
- By creating a fiction that resembles reality, the game makes it easier to discuss stress-related issues.
- It is well documented that we learn by doing rather than just listening. For that reason the game is a tool that can train colleagues in working together as a team.

*“I don't think I have ever experienced another tool which communicates this much relevant and interesting knowledge in so short time and in such an engaging way.”*

*Steen Suhr-Knudsen, project director in the municipality of Gentofte.*

### For more information about PROACTIVE:

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