

## Serious Business Game for successfully managing emotions and achieving your own balance

Learn the key skills and concepts to successfully manage emotions in your personal and professional environment. Find your own balance for the right decisions.

### Gamification Storyline:

In this serious business game, you and your employees train how to deal with emotions safely. Find your own balance! Use it to make the right decisions in your private and professional life.

Take on the role of the main protagonist Bima as a professional surfer. Bima is training for the Olympic Games and has unfortunately suffered a serious injury. When she resumes training, she receives bad news from her coach. In the first step, emotions boil, and a series of unfortunate and emotional decisions put Bima in a difficult position. Bima's lifelong dream of participating in the Olympic Games seems to be in danger. In order to escape reality and to free her mind at the same time, she undertakes an impetuous sailing trip. She gets into a storm situation on the high seas. Now she has to keep a cool and calm mind. Only in this way she can save her life and make the right decisions.

**Take the right decisions! Help Bima understand and balance her emotions.**



### Characteristics of the Serious Business Game:

- ✓ Learn with game based didactic methods.
- ✓ **Applicable and practical contents on emotion regulation.**
- ✓ **Results-oriented learning** with revolutionary gamification technologies.
- ✓ Use the simulations for experience-based learning.
- ✓ Flexible, intuitive to use, fast and easy to train.
- ✓ An exciting gamification storyline facilitates targeted learning.
- ✓ **A unique learning experience!**

**Yes, just try it out? Get a free test license [www.Gamified-Training.com](http://www.Gamified-Training.com)**

**Gamified-Training is your didactic contact for Serious Business Game Training.** We would be happy to provide you with an individual offer for your team: [GoFor@Gamified-Training.com](mailto:GoFor@Gamified-Training.com). Together with you, we develop concepts how you can support your employees independently of time and location in up to 14 languages simultaneously, worldwide.

**Create a new and unique training experience for your employees!**

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### Knowledge and skills:

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With the help of the realistic simulations and characters in the serious business game S.O.S. an **effective knowledge transfer** succeeds with this training. The gamified training elements stimulate a systematic didactic learning process.

Hereby it is possible for you and your employees as participants to practice the most important skills and concepts that are necessary **to find your own balance:**

- ✓ Understanding cause-effect chains better, effective communication,
- ✓ perceiving and understanding emotions
- ✓ Considering and making decisions,
- ✓ Strengthening interpersonal relationships,
- ✓ Change Management and grace under pressure
- ✓ Problem solving, decisiveness,
- ✓ Coordination, result orientation, Acting with foresight.

### Further integrated skills for learning in the Serious Business Game:

- ✓ Being proactive, being organized, subject-focused work, self-confidence, self-awareness, self-mastery and -empowerment, analytical thinking, and change management.



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## Overview of contents:

In five training levels, you practice handling emotions in different situations. The first step is to perceive emotions in your own actions and those of other people. If the perception is successful, the emotion can be interpreted and understood in the second step. In the third and decisive step, we work on emotion regulation.

- ✓ Find the right balance!
- ✓ Take the right decisions in your private and professional life!
- ✓ **Step by step we guide you** in the case studies and simulations to more emotional success! Manage your EQ skills in a goal-oriented way and gain more personality and resilience in your everyday professional life.

## Objectives | Why S.O.S.?

S.O.S. is aimed at all those who want to optimize their team performance. The focus is on interpersonal interaction. The training is applicable and useful in both professional and personal environments. **Thanks to this course:**

- ✓ Learn to better understand your own emotions and those of others.
- ✓ Learn why emotions are important in interpersonal relationships.
- ✓ Discover techniques to regulate the intensity of your emotions.
- ✓ Learn tips and tricks to find the right professional and personal balance.



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## Methodology

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The developed game-based learning method is a combination of **3 elements**:

- ✓ **High quality content** equivalent to a two-day on-site course, with a strong practical focus that is useful and directly applicable to the work
- ✓ The **use of gamification techniques** in terms of story telling, ranking motivation, scoring, different learning and game levels, and incentives through recognition and awards. This makes the training a motivating and exciting learning experience. This directly promotes the intrinsic motivation to learn on your and your employees' side.
- ✓ **Practical exercises** that allow you as a participant to practice directly in a safe and motivating environment and to implement the practical knowledge. You will **receive detailed feedback** in the form of individual learning loops.

## How do you make it work? What are the IT requirements?

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1. **The only thing you need** to use this business game training is an end device with internet access.
2. You can **access our performance-optimised business game platform** at any time, from anywhere in the world via your individual user profile or integrate the business game training into your LMS (Cornerstone, Moodle, SAP Success Factors, etc.).
3. You will receive regular reports on the progress of your participants and training groups. This allows you to always keep an overview and motivate your teams in a goal-oriented manner.

