Challenge
Serious game

SuPerForm

Performance
Social€

FACILITATOR'S GUIDE

LE JEU DU SLAC

Download the game!

OBJECTIVES

Main areas and target skills

DOMAIN	SKILL
QWL / Well-being	Communicate as a team
	Knowing how to listen to each other with kindness
	Know how to express your feelings
	Working as a team
	Provide feedback to HR/managers on areas for improvement
	Open a space for discussion about work among colleagues
	Facilitate a meeting on the determinants of well-being at work

Target people

Members of a hospital ward / Nursing staff

Transfer level

The target audience can be extended to all employees in the public and private sectors in terms of quality of life at work. It is a game to raise awareness of the determinants of well-being at work.

GENERAL IMPLEMENTATION

Number of players

- No maximum number of players (you can multiply the sets of cards)
- Recommendation: between 8 and 10 players

Complexity level

- Very simple

Required type of animation

X None (rules are written in the deck)

☐ To ensure game mechanics only (need for a « game master »)

X Need to be facilitated by someone knowledgeable about the subject matter, This can be the team manager (when the game is used to facilitate a meeting on the conditions of well-being at work) or by a preventionist, an ergonomist or an HR manager if the game is used to facilitate and initiate a discussion on QWL and the prevention of PSR.

- **Prerequisites for players**

- No judgment
- Listening
- Indulgence
- Kindness

GAME RULES AND FACILITATION TIPS

- **Rules :**

- The game unfolds in several brief steps:
- It consists of 4 packs of quarters bringing together the notion of SLAC, and a bonus theme.
- The cards are drawn in a clockwise direction.
- The first player rolls a 6-sided die to choose one of the SLAC themes or the bonus. If they land on the 6th face they choose the card they want.
- The player reads the question aloud and then answers it (depending on the card) if she wishes. If not, she passes her turn.
- The other participants are then invited to interact, to bounce around to create a discussion around one of the proposed topics. Or they can participate in the bonus cards.
- The next person rolls the die in turn and so on.

Game time:

- Introduction, welcome, seating of participants around a table = two minutes
- Choice of cards = ten to fifteen minutes
- Feedback during the game phase = two minutes
- Individual conclusion of the session = one minute

Frequency of play:

- Once a month, during the monthly meeting
- Or at will according to their needs

- **Debriefing**

- Individual conclusions from each person, which provides a link and meaning
- To be passed on to the managers/HR in order to indicate the points of difficulty of the care staff and to suggest improvements
- To initiate HR/HR diagnosis tracks...

REFERENCES

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CREDITS

- Rafael DRICI : Student INSEEC LYON
- Awenna SIMAR : Student INSEEC LYON
- Gaspard REFEYTON : Student INSEEC LYON
- Damien RICHARD: Teacher/Researcher for INSEEC LYON
- Fifi Eurodi Mongo : Human resources trainee for the mutual group
- Valérie JULIARD: Professional risk prevention coordinator
- Grégory Garel: Senior consultant - HR &QWL pilot
- Paola GRACA: Health executive

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