






# Astronaut Rescue Mission

# FACTSHEET

**You've crash landed back on earth. Do you have what it takes to ensure you and your team are rescued?**

-  **1 hour + debrief**
-  **3-24** (up to 4 teams of 3-6 per team)
-  **For staff at any level**
-  **No computer required**
-  **395** exVAT



## Learning objectives

- to identify 10 trigger points where leadership is required
- to recognise some basic leadership traits
- to see the benefits when a team is organised and well led
- to show that the leader role can move between different people
- to show that there isn't just one style for effective leadership
- to show the importance of whole team collaboration
- to show the importance of the team supporting the leader

## About the activity

The clock is ticking, time is short. Having landed somewhere in the Koruk Mountains teams must reach a certain location in order to be rescued. To achieve that goal there's a lot to do! The pressure is on!

Teams have a map but no idea where they are on that map, they'll have to work it out - and the same applies to their pick-up point. How far away is it? How quickly can they travel? They'll need to camp overnight - in hostile conditions. Survival equipment is in the landing capsule, but which items should they take - it all needs carrying in backpacks.

How will teams work? There's a lot to sort out so they need to prioritise. Will anyone establish themselves as leader? Who's good at reading maps (guidance provided in the brief)? Which items are essential? More important, do they realise the time pressure? The longer they take to prepare, the less time they have for their journey.

10 'leadership trigger points' have been identified. At each somebody has to take the lead and push the team on. Taking too long means they won't make the deadline.

## Pack contents

- Trainer's Notes
- Team Briefs
- Koruk Mountains Maps
- Handout: Planning Form
- Handout: Team Review Form

## Ideally suited to

Observing teams and how they interact under pressure as well as identifying those individuals who show leadership potential.

Ultimately this activity leads to a useful discussion about what makes a good leader, what leadership is all about and how participants can demonstrate leadership skills back in the workplace.



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## Customer reviews

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I used this activity on the first day of a programme with Team Leaders. It really helped to put them at ease and broke the ice as they all got involved in solving the problem. Without realising it, they all demonstrated **leadership skills** at some point in the activity, and the debrief was both fun and **enlightening** as they realised the different skills they already had (along with those they want to develop). Astronaut! worked well with a group who were a little unsure of themselves and the training, and resulted in some **excellent discussions** on leadership styles.

Jo Kehoe, Director, JK Training Ltd

"

It is a very **versatile** and **engaging** activity. Whether I use it as a team activity, a leadership challenge or as an ice breaker it never fails to produce **important discussions** that add value. The activity gives you great planning opportunities, attention to detail and collaboration aspects. The quality of material as ever only enhances the perception of reality. To summarise, a flexible, dynamic and **appropriately challenging** activity.

Mark Higgins, Director, BFL Training



## Trainer's role (full guidance supplied in Trainer's notes)

- Introduce the activity as a **teambuilding activity** with a focus on leadership.
- Divide the group into teams.
- Issue several copies of the **Team Brief** to each team.
- Issue **Koruk Mountains Map** when a team gives you the correct answer to a question in the Brief.
- Observe team performance and note the '**leadership triggers**' (listed in the Trainer's Notes).
- Issue **Planning Forms** and remind teams that time taken in making their initial decisions is added to their travel time.


## Northgate says...

### Our newest leadership pack brings leadership skills down to earth!

This activity reveals the benefits of a well-organised and well-led team and the importance of collaboration. Will your teams stay calm under pressure and who – if anyone – will demonstrate leadership? Use also as an assessment tool to see how individuals perform within a team. A great, multi-functional addition to your training resources toolkit!

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## Northgate customers

