






# 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 program**
-  **595** (hard & digital copy) or **545** (digital copy) ex VAT



## Learning objectives

- to identify 10 trigger points where leadership is required
- to show that the leader role can move between different team members
- to recognise some basic leadership traits
- to see the benefits when a team is organised and well led
- 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 importantly, 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.

## List of contents

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

This activity is for face-to-face & virtual training. It is supplied as a hard copy pack and digital files are supplied via the Northgate Trainerhub (or you can purchase digital files only).

## Five-year licence

This Northgate training activity comes with a five-year licence for repeat use with up to 24 participants. A licence is required for each site (or remote hub). To use with larger groups or for multiple site licences please contact us for a quote.

## Ideally suited to

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

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## Customer reviews

“ We've run *Astronaut Rescue Mission* remotely a couple of times now and we're very impressed!

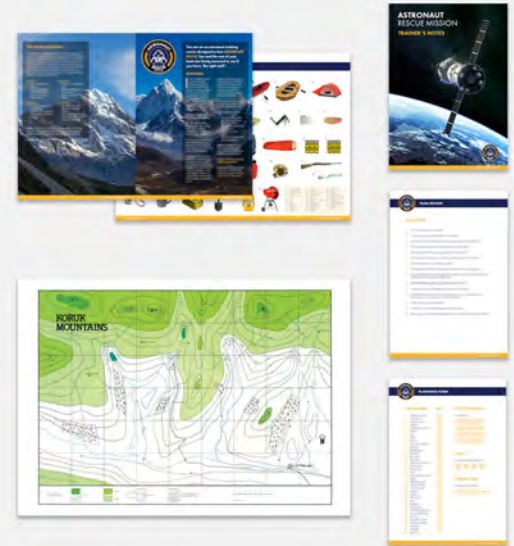
Mark Drummond, Head of Training & Development, Story Contracting Ltd

“ I used it as a “pressure game” for people to then reflect on mindset & resilience. So I only gave 30 minutes (rather than 1 hour) for the game. It worked – it created a rich conversation about how perfectionism & team dynamics interfered with performance. I ran it virtually and it worked a treat. All credit to Northgate for design – *easy to run & highly engaging*.

Adie Shariff, Director, Haynes Shariff Ltd

“ It worked well and without realising it the delegates all demonstrated leadership skills at some point in the activity. The debrief was both fun and enlightening, resulting in some *excellent discussions* on leadership styles.

Jo Kehoe, Director, JK Training Ltd



## 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...

Astronaut Rescue Mission brings teamwork and leadership skills back down to Earth! 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.

It reveals the benefits of a well-organised and well-led team and the importance of team 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!

## Ordering is easy!

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## Fast delivery

Digital files are accessed via our online Trainerhub and the hard copy pack is sent via courier:

£15 UK (next working day)

£29 Europe (1-3 working days)

£39 International (1-5 working days)

## Our guarantee

If you are not 100% happy we offer a 30-day no-quibble returns service on unused goods.



## Northgate customers

