

SKILL – BURNOUT



1) DESCRIPTION OF THE TOOL

We will call this activity “3x3x5 Activity”.

It is an activity that is carried out with the aim of promoting teamwork and improving decision-making. At the same time, it is very useful to creatively generate new ideas. It can be developed in small groups of 3, 6, 9, etc persons and has a duration of 30 – 40 minutes.

2) OBJECTIVES OF THE TOOL

- Promoting teamwork and team support
- Improving decision-making and focus on important issues
- Improving creativity in the decision-making process and stress management

3) CONNECTION OF THE TOOL WITH THE SKILL

This tool offers the possibility to train decision-making skills and at the same time supports collaboration within the team.

4) RESOURCE MATERIALS

- Cardboards with the description of different situations / problems
- Pens
- Blank sheets

5) HOW TO APPLY THE TOOL

Application of the tool:

Step 1: Divide the participants into groups of at least 2 people

SKILL – BURNOUT

Step 2: Give each group a poster with the description of a situation / problem

Step 3: Give each participant a sheet and a pen

Step 4: each participant has 5 minutes to write down 3 ideas on how to solve the situation / problem. Then the sheets are exchanged within the group and they write down 3 other different ideas. In the case of a group of 2 people, after 10 minutes they will have 6 ideas on each sheet. In groups of 3 people, they will have 18 ideas on each sheet and so on.

Step 5: discuss the ideas outlined and decide which is the best solution in each case.

6) WHAT TO LEARN

Participants will learn to collaborate, to defend their ideas, that the solution to the problem that worries everyone will be easier to find among all (the importance of teamwork) and that when faced with a problem, it is necessary to decide.



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