

Empowerment Trail Game

Virtual Instructions

The purpose of the Empowerment Trail game is to provide a fun and engaging way for facilitators & coaches to practice the facilitation technique skills. Facilitators will gain practice through utilization of different scenarios to better understand each facilitation technique skill. The goal is help strengthen their skills and understanding to improve their National Diabetes Prevention Program (DPP) and increase success of DPP participants.

STEP 1

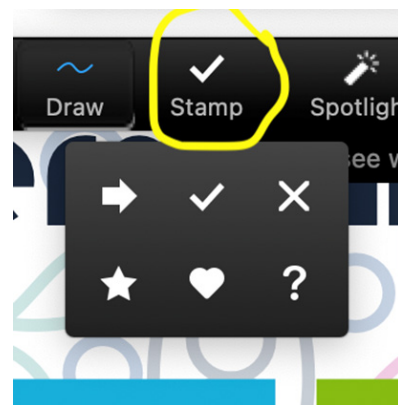
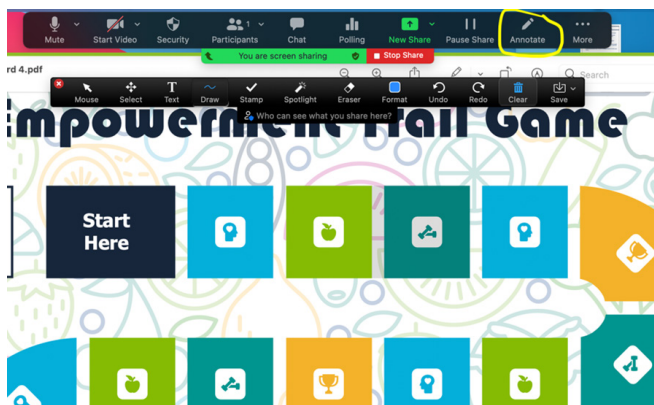
Open the PDF of the Empowerment Trail Game Board and the PDF of the Facilitation Techniques on your screen. Log into Zoom, and click on the “**Share Screen**” button on the toolbar. To begin the game, only share the PDF of the Empowerment Trail Game Board.

STEP 2

Assign one Facilitation Technique Card to each participant to use for their scenario and the order in which they will play. Facilitation Technique Cards should be used at least once and can be re-assigned by the facilitator as needed to continue the game until the end. Each participant will lead the activity described in the Facilitation Technique Card.

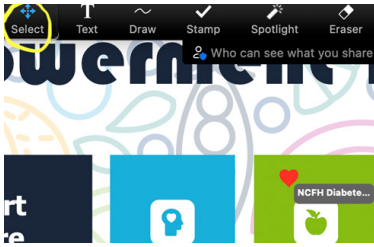
STEP 3

Click on the “**Annotate**” button at the top of the toolbar. Assign participants a different shape/icon from the “**Stamp**” tab to represent their space on the Empowerment Trail Game Board. See options below for ways players can move while playing.



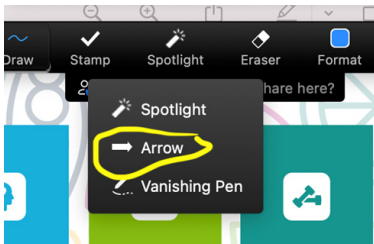
Empowerment Trail Game

Virtual Instructions (*continued*)



Option 1

The facilitator will move each participant's stamp to the appropriate box once they have taken their turn. The stamp is moved by clicking on the “**Select**” button on the toolbar. The name of the participant will show on the stamp. **Note:** There is a maximum of 6 players when using this option as there are only six stamps.



Option 2

If the facilitator prefers to have participants move on their own as each take their turn, the participant can click on the “**Spotlight**” button and use the arrow to move throughout the board. The name of the participant will show as they click on their arrow. **Note:** There is no maximum players with this option

STEP 4

Each participant takes a turn to move and land on a scenario. The facilitator can roll a dice or some other tool to let the participant know the number of spaces they get to move on the board.

Free virtual dice roller options:

<https://www.random.org/dice/>

<https://flipsimu.com/dice-roller/>

<https://www.teacherled.com/iresources/tools/dice/>

Virtual Spin the Wheel Option:

<https://wheelofnames.com/>

STEP 5

Based on the color the playing participant lands on, the facilitator will choose a scenario card and read it out loud to the participant (Ex: If they land on green, facilitator chooses from a healthy eating scenario cards). The playing participant will respond to the scenario using the facilitation card that they were assigned. Each scenario is to be used only once. **Note:** If a participant lands on a **BONUS** space, they will create their own scenario and use the facilitation card assigned when responding.

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Helpful Tips:

- The scenario can be copied into the Chat for all participants to view.
- As each scenario is being discussed, the facilitator can switch to the PDF of the Facilitation Techniques and share on their screen for participants to reference.

STEP 6

Repeat steps 4 & 5 for the duration of the game. The winner will be the first person to reach the **Star Motivational Interviewer** space! Provide a small **PRIZE** for added fun! Prizes can be mailed or emailed to the winner, depending on the prize. Sample prizes to email: e-cards to grocery stores, Amazon, cinema passes, gift certificates, etc.

Items to Print and Mail/Email ahead of time to Participants for Reference:

1. Facilitation Technique Cards (PDF)
2. Scenario Cards

Facilitator Items Needed:

1. Facilitation Technique Cards (PDF)
2. Empowerment Trail Game Board (PDF)
3. Scenario Cards
4. Have the dice/virtual dice or spin the wheel app up and ready to go on your screen to start the game
5. Zoom set up ready to screen share the Empowerment Trail Game board
6. Prize (optional)

Each scenario card will fall under the following main categories to reflect the self-care behaviors from both the National DPP and ADCES:

- Healthy Eating
- Being Active
- Healthy Coping

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Virtual Instructions (*continued*)

Facilitation Technique Skills

- **Sub-groups:** Read scenario aloud. Break fellow participants into pairs, trios, or small groups to discuss the challenge. They can share real world strategies, offer new ideas, and provide support. At the end of the activity, invite the sub-groups to share their ideas with the larger group.
- **Cross-questioning:** Read scenario aloud. Direct this question to another fellow participant to learn how they would handle the challenge. Ask them to elaborate and provide an example. Continue to cross-question fellow participants to generate ideas before discussing next steps.
- **Carousel:** Read the scenario aloud. Ask each fellow participant to take a turn and discuss the challenge they hear in the scenario, going around the virtual room, like a carousel. At the end of the activity, summarize key themes.
- **Ping-Pong:** Read the scenario aloud. Lead a brainstorming session with group of fellow participants to allow everyone an opportunity to share real world strategies, offer new ideas, and provide support.
- **Open-ended questions:** Read the scenario aloud. Find out more about the challenge within the scenario by asking fellow participants open-ended questions that do not have a simple yes or no answer. Ask who, what, where, when, and how questions. Ask for more information by saying, “Tell me more about...” or “Help me understand...” By keeping the other participants talking, you clarify the challenge, invite collaboration, and help them discover their own solutions to the challenge.
- **Affirmations:** Choose a fellow participant to read the scenario aloud. Then, affirm their strengths, validate the challenge, and appreciate any efforts to change you hear. Be honest, direct, and supportive. Examples: “I appreciate your honesty in sharing this,” “I can see that this is important to you,” or “Sounds like this is really challenging.” You can also affirm their plans to take on the challenge.

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- **Reflection:** After reading the scenario, state in your own words what you heard. You can use this technique to check your understanding, provide encouragement for fellow participants to share their thoughts, or identify key issues in the scenario. By hearing the challenge reflected back, other fellow participants can consider how to move forward. You can also reinforce a motivation to change.
- **Emotional attention:** After reading the scenario, listen for the emotional state behind the participant's challenge within the scenario. Identify the feeling and the level of intensity. This can be combined with reflection, affirmation, and open-ended questions you ask your fellow group of participants.

The purpose of these facilitation cards is to help empower coaches to evoke change within DPP participants. In utilizing these techniques, coaches encourage DPP participants to make arguments for change in three main ways:

- Get the client to verbalize their own arguments for change.
- Evoke the person's own concerns and motivations.
- Encourage utilization of facilitation techniques to prompt change talk.



<http://www.ncfh.org/diabetesresourcehub.html>

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