

OXYGEN POKER



Understand What Matters Most

THE CHALLENGE

There are driving needs that are so vital and urgent to people that they feel like our need for Oxygen. When these needs are met, they generate the kind of energy that produces high performance, innovation and engagement.

When these same needs go unmet, interference is introduced and energy is depleted. This constricts access to the executive function of the brain, the area responsible for focusing attention, regulating emotions, connecting the dots and making smart decisions - the power-tools of value-creation.

THE SOLUTION

Oxygen Poker is an engaging experiential exercise that will engage your team in exploring the Five Driving Needs Framework. Participants will gain awareness of their own needs, as well as those of others. They'll understand how needs impact our collective energy and learn how to harmonize competing needs to maximize the effectiveness of the entire team.

HOW IT WORKS

Oxygen Poker is a 90 minute experiential learning exercise that is fun and insightful. It can be delivered to intact teams or to groups of leaders and employees. It is extremely scalable - we've run the exercise for small groups of two people right up to large groups of 800+ people. The activity leaves individual learners with a practical framework to understand themselves and others, and an approach to managing energy to maximize performance.

Learning Outcomes:

- Understand the Five Driving Needs and the impact they have on energy in the workplace
- Gain insight into how unmet needs generate unsavoury behaviours
- Learn how to harmonize competing needs and understand the difference in need mix between people
- Explore how to create an environment that maximizes energy and performance

Oxygen Poker can be customized to your team or organization's context and to fit within your leadership development program or event.

LOGISTICS

Number of participants: 2 to 500+
Time required: 90 minutes



Teambuilding

Project Management

Change Management

Accountability

Alignment

WHY EXPERIENTIAL?

Juice designs and delivers simulations where participants learn by doing - building knowledge, skill, and confidence. Participate in a Juice simulation and bridge the gap between theory, knowledge, and action.

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