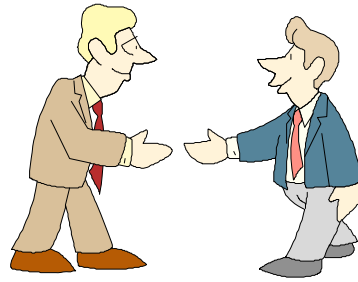


# Handshake Game



## Overview:

A simple, effective energiser demonstrating win/win and struggle in action. Participants pull their opponent's hand to their hip to gain a point. How many points can they score?

## Sequencing:

Any time it is desired to demonstrate win/win solutions compared to struggle and the benefits of communicating needs to others. A good session opener and an alternative to the *Getting What You Want* game. It needs no props and can always be in a trainer's "kit bag".

## Potential:

This game has the potential to:

- get participants into action
- challenge assumptions and paradigms
- show how mental models limit options
- broaden thinking and choice
- demonstrate win/win solutions
- show the benefit of communicating needs to others
- encourage lateral thinking
- demonstrate the experiential learning methodology

## Participants:

From 4 upwards - no maximum

## Timing:

Time to play: 2 minutes per round  
Time to debrief: 5 minutes

## Ratings:



Energiser



Fun



Mental Models



Questioning



Minutes



Indoors



Outdoors



### Comments:

*“Many participants, despite having played “Getting What You Want”, find that their mental models are so strong that they still go into struggle around this simple and very similar game. It is a great game for reinforcing the power of win/win solutions.”*

John Radclyffe, Trainer

### Logistics:

| Essential:                                                                                                                                                                                      | Optional:                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <b>Materials:</b><br><br>None                                                                                                                                                                   | <b>Music:</b><br><br>“Healing Hands” Elton John                  |
| <b>Props:</b><br><br>None                                                                                                                                                                       | <b>Assistants:</b><br><br>Optional assistant to demonstrate game |
| <b>Set-up:</b><br><br>Ask participants to pair up, preferably with someone their own size and strength. Demonstrate the mechanics of the game to participants as if it were a game of struggle. |                                                                  |

### Script:

#### Introduction:

Announce the rules and demonstrate how the game is played.

*Please find a partner, preferably someone about your own size and strength.*

*Has everybody got a partner?*

If there is an uneven number of participants, get an assistant to play or participate yourself.

Prepare to demonstrate the game with an assistant or, if none is available, a participant.

**Main Activity:**

Demonstrate as if it were a game of strength, pulling partner's hand to your hip.

*I get one point every time I get my opponent's hand to my hip.*

*Now, please grasp your partners hand in a firm handshake.*

*You will get one point for each time you pull your opponent's hand to your hip.*

*Your opponent will get a point for each time they pull your hand to their hip.*

*Remember, you are totally responsible for your own safety and play at your own risk. Unsafe play or sabotage of any kind will result in disqualification.*

*You have one minute to score as many points as you can. Go!*

After one minute

*Stop! Wherever you're at please stop*

*Please thank your partner*

Optional further rounds can be played until more participants find the win/win approach.

Ask participants to find someone else and repeat the process.

Two or three rounds is usually ideal.

*Find someone else.*

*You have one more minute to get as many points as you can. Go!*

Or

*Everybody please return to your seats.*

**Debrief:**

Debrief the game

*Please complete your debrief sheets headed the "Handshake Game".*



## Debriefing:

(Please note: possible responses are in parentheses)

- Get participants to record their individual experiences on the pre-prepared debrief sheet. Talk them through the questions on the sheet.
- Debrief all participants in the room:
  - Who scored no points? (*Show of hands*)
  - Who scored 1 - 5 points? (*Show of hands*)
  - Who scored 6 or more points? (*Show of hands*)
  - How many points could you score in that game? (*As many as you wanted*)
  - How could you do that? (*By cooperating*) - be prepared to show the standing hip to hip approach to scoring as many points as you want.
  - Was it possible to score as many points by using brute strength? (*No*)
  - How did it feel to be on the receiving end of someone using strength to get their way? (*Frustrating, demoralising*)
  - How did it feel when you both got what you wanted through cooperation? (*Great*)
  - On your work teams, if someone feels badly because you have used strength of personality or strength of position to get your way ... does that tend to draw the team together or push it apart? (*Push it apart*)
  - If you both get what you want by cooperating ... does that tend to draw the team together or push it apart? (*Pull it together*)
  - Which is easier in that game, struggle or cooperation? (*Cooperation*)
  - In the long run, which creates the better results on your work teams, struggle or cooperation? (*Cooperation*)
  - How do you best cooperate? (*Communication - find out what both parties needs are*)
- Are you going to struggle back in the workplace or seek cooperation?

## Source:

WorldGAMES 1994

## Trainers Note:

Please feed back new variations, solutions, outcomes and debriefing points for WorldGAMES to update and circulate.



- 1. What were your results ?**
- 2. How did you achieve those results? Did you struggle or cooperate?**
- 3. How could you have achieved a higher points score?**
- 4. How did it feel to play the game?**
- 5. What can you learn?**