

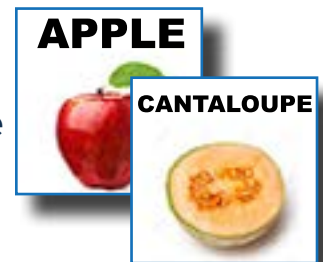
# Empowerment Trail Game

## In-Person Instructions

*The purpose of the Empowerment Trail game is to provide a fun and engaging way for facilitators & coaches to practice their 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 delivery of the National Diabetes Prevention Program (DPP) and increase success of DPP participants.*

### STEP 1

Participants are each given a different game piece to move through the Empowerment Trail Game Board. Facilitators can be creative about what they use for game pieces or use the provided fruits and vegetables for participants to play.

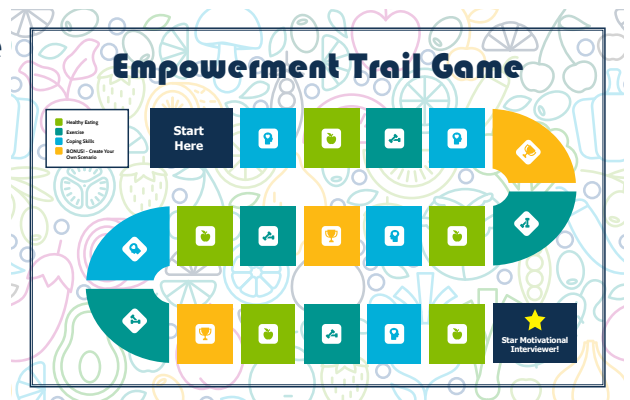


### STEP 2

Once players have a game piece, the facilitator can determine the order of participation before assigning one Facilitation Technique Card to each player. Facilitation Technique Cards should be used at least once and can be re-assigned by the facilitator if needed to continue the game until the end. Each participant will lead the activity described in the Facilitation Technique Card.

### STEP 3

Each participant takes a turn rolling a dice to move through the Empowerment Trail Game Board and land on a scenario. Participants will choose a scenario card based on the color they land on (Ex: If they land on Green, they pick up a “Healthy Eating” scenario card). The facilitator can have the stack of cards printed for participants to choose from. Each scenario card is to be used only once. **\*Note:** If the participant lands on a **BONUS** space, they need to create their own scenario and use the facilitation card assigned by the facilitator when responding.



# Empowerment Trail Game

## In-Person Instructions (*continued*)

### STEP 4

Repeat steps 2 and 3 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!



#### ***Items to Print:***

1. Empowerment Trail Game Board (PDF)
2. Facilitation Technique Cards (PDF)
3. Scenario Cards
4. Fruits and vegetables game pieces
5. Suggestion: Print, cut, and laminate all game pieces for future use

#### ***Other Items:***

1. Dice
2. Game pieces (if not using provided ones)
3. 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

# Empowerment Trail Game

## In-Person 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 scenario aloud. Arrange fellow participants into two lines or concentric circles, like a carousel, so they can discuss this challenge within the scenario with each participant. At the end of the activity, summarize key themes.
- **Ping-Pong:** Read scenario aloud. Lead a brainstorming session with your group of fellow participants to allow every participant to share real world strategies, offer new ideas, and provide support.
- **Open-ended questions:** Read the scenario aloud. Find out more about the challenge 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 participants talking, you clarify the challenge, invite collaboration, and help participants discover their own solutions to the challenge.
- **Affirmations:** Ask a fellow participant to read the scenario. Affirm the participant’s strengths, validate the challenge, and appreciate any efforts to change. Be honest, direct, and supportive. Examples may be “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.

# Empowerment Trail Game

## In-Person Instructions (*continued*)

- **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 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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