



# Montana Smith and The Temple of Peace



**Sententia Level 1 Certification Project**

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# MONTANA SMITH & THE TEMPLE OF PEACE



Can Montana (aka "Monti") overcome adversity through serenity?



Is it possible for her to locate her inner calm?



Can she work without stress?



Will Monti find the Sacred Scrolls of the Lotus to be at peace?

**Stay tuned to find out!**





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# Background





## ~ BACKGROUND ~

DIGit, Inc., a large financial firm, is a successful company with great expectations for its employees. They want staff to maximize their skills at a high level.

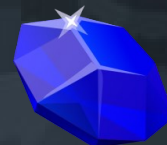
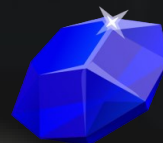
The work environment is frenetic and competitive. Much is demanded of everyone working at DIGit. Many workers are so stressed they deplete their energy, underperform, are frequently absent, and often resign, all affecting DIGit's bottom line.

Leslie Dollaretti, the company's CEO, has had enough. She wants a stress-free workforce. She has hired a wellness consultant to create the Temple of Peace, a stress-reduction initiative. The consultant has suggested a gamified training experience. If the project is successful, DIGit's employees could find ways to be at peace.



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# Business Objectives





# ~ BUSINESS OBJECTIVES ~

With the new wellness initiative, DIGit seeks to:

## **Tangible**

- Increase employee retention by 10% (increase in eSAT scores related to job happiness and satisfaction with the work environment)
- Increase productivity rates by 20% (related to increased retention), driving revenue to the bottom line (e.g., reduced onboarding costs due to employee retention)

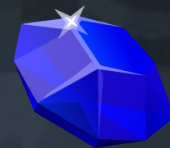
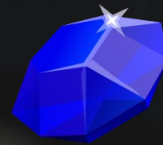
## **Intangible**

- Decrease excessive PTO balances by 20% through empowering employees to identify stressors, practice stress-reduction behaviors (including use of PTO), and increase both employee and organizational well-being
- Heighten institutional knowledge (through increased retention, a result of lowered stress and work/life balance)



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# Player Personas







# ~ PLAYER PERSONAS ~

~ PERSONA 1 ~

POWER

~ PERSONA 2 ~

BEAUTY

~ PERSONA 3 ~

VENGEANCE



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# Game Storyline & Components





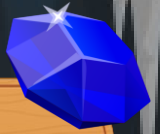
## ~ GAME STORYLINE & COMPONENTS ~

**Character:** Monti and the Temple of Peace is a video game. Learners play as Monti, a smart, overachieving type A archaeologist – who loves overcoming obstacles – is on a mission to find and enter the Temple of Peace where stress-relief techniques abound.

**Challenge:** During one of her recent quests, Monti was cursed with stress so powerful that she hasn't been able to complete the adventures she loves since. Her search for a cure leads her to the Temple of Peace. Inside the temple, Monti must gather three scrolls and the Golden Lotus (indicating serenity), proving Monti has gained and practiced stress-reduction strategies. Without the Golden Lotus and Sacred Scrolls, she will lose her passion for adventure, disappointing fellow travelers. Monti's sense of purpose is connected to the journeys she adores, and she is on the brink of abandoning them.

**Motivation:** Monti just cannot survive the cursed stress. If she finds the scrolls – breathe, awareness of self, and practice (B.A.P.) – in time, she will reach **Be at Peace**.





## ~ GAME STORYLINE & COMPONENTS ~

**Setting:** The Temple of Peace is in a dark, elaborate cave with myriad hidden stressors tucked in tunnels, crevices, and surrounding rocks. Monti arrives early morning, but is prepared to spend at least two days navigating stress-inducing situations to find solutions.

**Obstacles:** Monti must overcome stress-related situations where she encounters stress the situations induce, but once through them, finds stress relief through newly acquired stress-reduction skills. To reach the inner Temple of Peace, Monti encounters three levels of stressful events (described in the following slides). She must navigate around them and make proper choices to reduce her on-the-job stress and enhance her workplace well-being.

**Climax:** Monti finds the Golden Lotus. At this point, she has overcome the obstacles. With the Golden Lotus in hand, she will move further into the temple, obtain the last scroll, and break her curse.





## ~ GAME STORYLINE & COMPONENTS ~

**Outcome:** Monti locates the three scrolls, each of which has a letter on it. She has mastered the stress-reduction techniques acquired at each leveled obstacle, and has avoided the negative effects of stress. Upon combining the sacred scrolls, the mystic powers of the Golden Lotus spell out, "Be At Peace!" and Monti's curse is finally broken. She has overcome surprise pressures, unpredictability, and challenging situations, avoiding the impact of stress along the way. Monti Smith is now prepared to handle stress as it "confronts" her on her adventurous journeys.



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# Learning Outcomes





# ~ LEARNING OUTCOMES ~

## ~ OUTCOME #1 ~

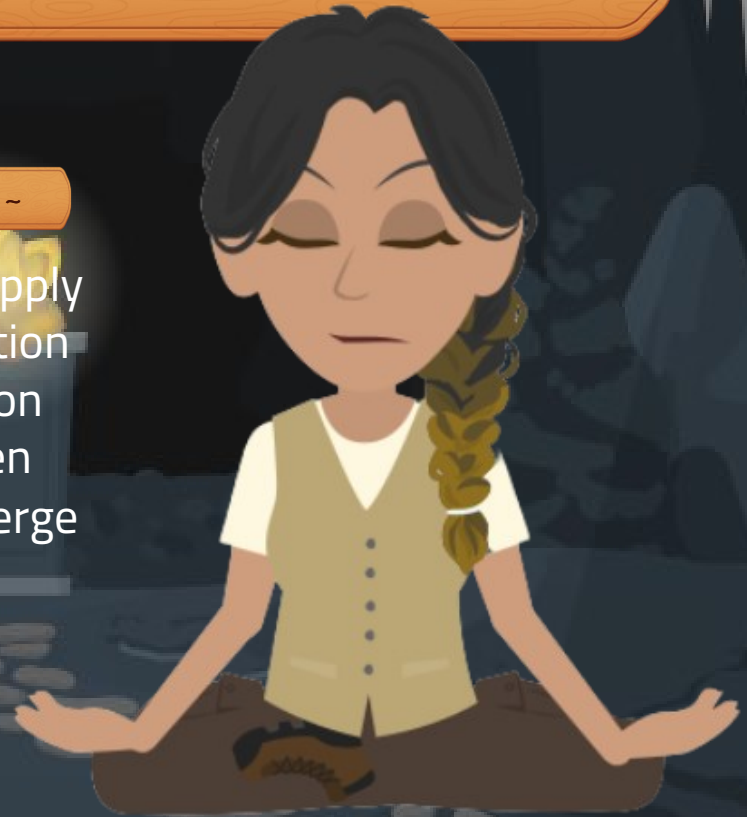
Identify  
workplace  
stressors

## ~ OUTCOME #2 ~

Discover  
stress-reduction  
techniques

## ~ OUTCOME #3 ~

Practice and apply  
stress-reduction  
techniques on  
the job when  
stressors emerge





# ~ LEARNING OUTCOMES ~

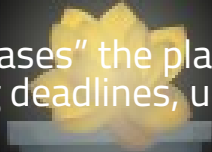
ACHIEVEMENT, DELIVERY FORMAT, ACTIVITY & LEARNING

## ~ OUTCOME #1 ~

Identify  
workplace  
stressors

Learners encounter “stressors” at each level. The results are anxiety, depression, emotional stress, exhaustion, etc.

**Level 1:** The Rolling Stone “chases” the player as they try to dodge the stone. The stone represents looming deadlines, unrequited recognition, and heavy-handed managers.



**Level 2:** The Snake Pit requires the player to get through the snakes on the ground (similar to an obstacle course). The snakes represent gossiping colleagues, a toxic work environment, and overly competitive coworkers.

**Level 3:** The Stepping Stones, which require learners to make choices to avoid varied workplace stressors. The stones represent the learner’s path in life, and the choices they can make in responding to stressors. If they choose the right ones, they locate the Golden Lotus.







# ~ LEARNING OUTCOMES ~

## ACHIEVEMENT, DELIVERY FORMAT, ACTIVITY & LEARNING



### ~ OUTCOME #2 ~

Discover stress-  
reduction  
techniques



Once learners have identified the stressor at each level and they overcome the obstacles that could prevent them from overcoming stress, they receive stress-reduction techniques that they “practice” on the spot to move to the next part of the cave.

**Level 1 - Scroll “B”:** Learners are provided a video introducing stress-reduction techniques when work is too stressful to navigate soundly.

**Level 2 - Scroll “A”:** Learners will watch an animation that models how to productively navigate difficult people in the workplace, reduce their stress levels, and drive business results.

**Level 3 - Scroll “P”:** Learners are provided a guided meditation podcast on how to continuously identify and manage stressors, while remaining balanced, driven, and centered.





# ~ LEARNING OUTCOMES ~

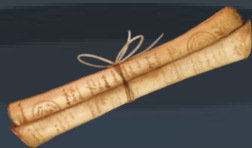
ACHIEVEMENT, DELIVERY FORMAT, ACTIVITY & LEARNING

## ~ OUTCOME #3 ~

Practice and apply stress-reduction techniques on the job when stressors emerge

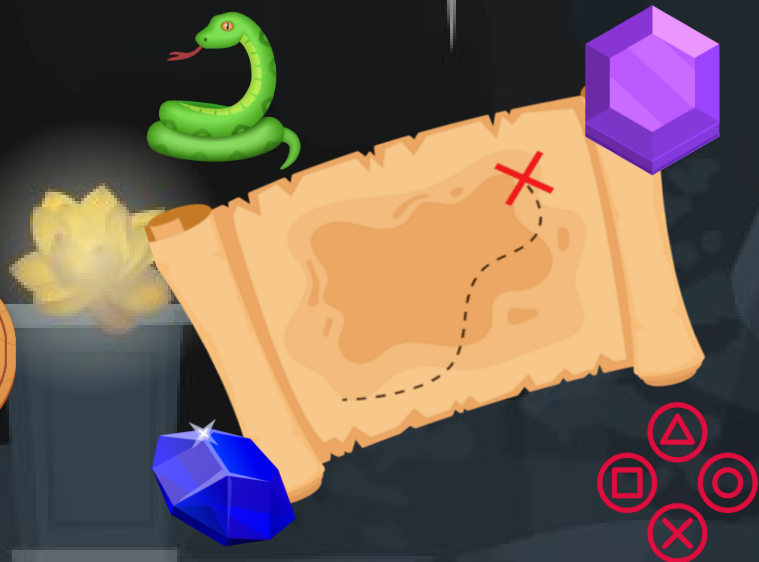
**Level 3 - Final Level:** The learners progress along a path of stepping-stones, choosing the best way to move forward as they encounter stressors. Here, they select appropriate tools to destress (applying what they have learned from the previous levels), but they must decide the best choice for *remaining* stress-free.

The learners acquire the three Sacred Scrolls, having practiced the stress-reduction techniques they gained. At that point, they reach **Be at Peace** and are prepared to tackle on-the-job stressors.



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# Mechanics





# ~ MECHANICS ~

## ~ MECHANIC #1 ~

### UNLOCK

Complete previous level

## ~ MECHANIC #2 ~

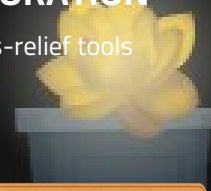
### MYSTERY BOX

An object found along the journey that introduces other stress-reduction tools/techniques

## ~ MECHANIC #3 ~

### DISCOVERY/ EXPLORATION

Stress-relief tools



## ~ MECHANIC #4 ~

### PERFORMANCE BARS

Stress barometer starts at 500, diminishing as stress reduces

## ~ MECHANIC #5 ~

### BRANCHING CHOICES

Selecting the correct stepping-stone that results in a better outcome for stress reduction

## ~ MECHANIC #6 ~

### RANDOM REWARD

Stress-reduction tips and messaging that lowers the player stress level bar





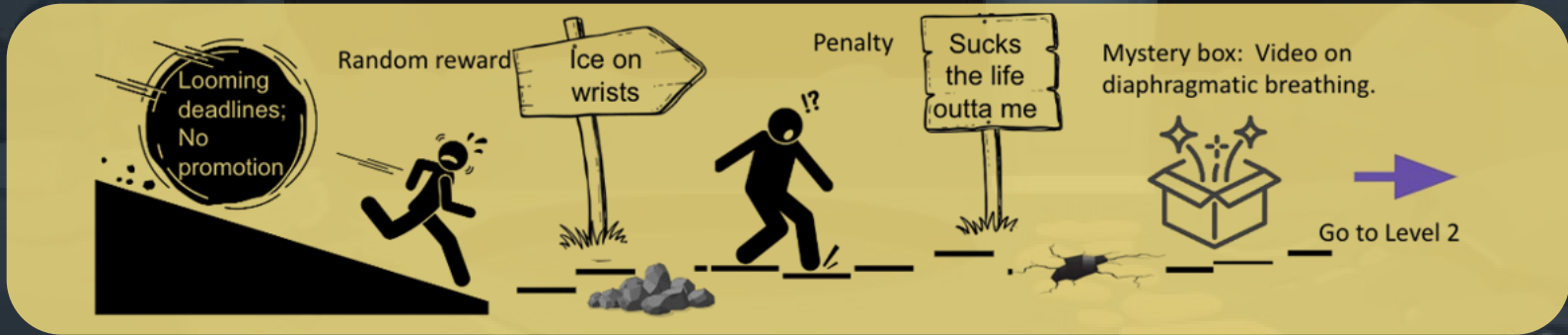
# Game Play: Level 1



Monti enters the Temple of Peace only to be followed by a giant boulder. As she runs from it, she encounters obstacles (broken stones, holes, etc.)-- Some she avoids and some not. Those she does not miss launch messages that speak negatively to her situation. As she moves along, she comes to random stress-reduction awards that lower the stress barometer. Midway, she comes to a Stress-Free Mystery Box, a video of diaphragmatic breathing. She gains additional barometer points. She makes it to Level 2 and collects the first of three scrolls needed to win the game.



# Game Play: Level 1



Scroll 1 - "B"



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# Game Play: Level 2

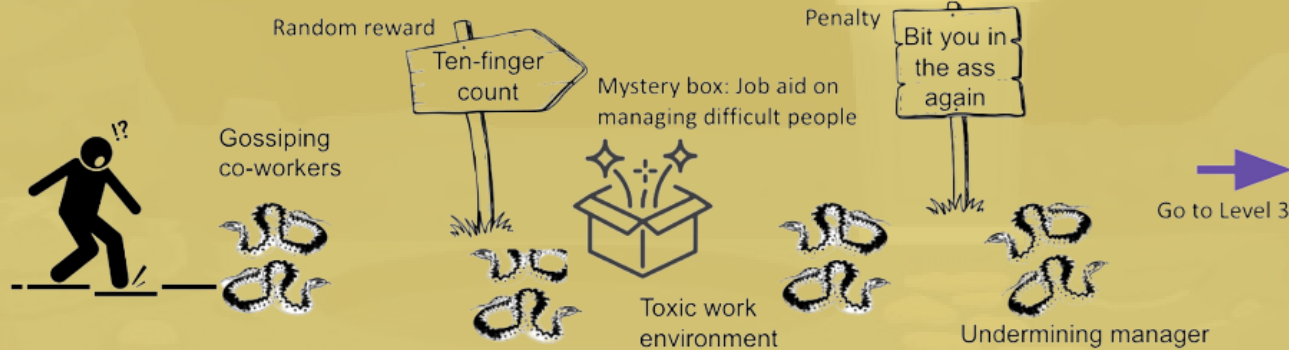


Monti enters Level 2, the Snake Pit. She must get through/past the snakes (obstacles) to get to Level 3. As with Level 1, there are penalties (signs), random rewards, and a mystery box. She gains barometer points at the random rewards and as she enters Level 3. Completing this level earns her another scroll, totaling 2 of 3.



# Game Play: Level 2

Scroll 2 - "A"







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# Game Play: Level 3



Monti enters Level 3, where she walks along stepping stones to select how to navigate stress. She must choose the stepping stones (branching scenario) that will lead to her being stress-free. If she chooses the right stepping stone, she will attain the Golden Lotus, which unlocks the last of the three scrolls. If she chooses the one that keeps her stressed ("What, me stressed?") she cannot advance and must find the right stones ("Whoa I need to calm down!") to reach the final scroll.

# Game Play: Level 3

Scroll 3 - "P"



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# Achievements





# ~ ACHIEVEMENTS ~

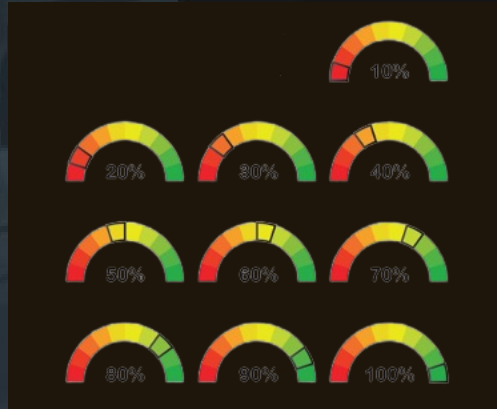


PERFORMANCE BARS: STRESS BAROMETER

## CURSED STRESS BAROMETER

The barometer appears at each level and is programmed to come down from a 500 stress level or go back up, depending on random awards, learner progress, etc.

### Barometer #1 (example)



### Barometer #2 (example)



Depending on the level/activity, a different barometer will be utilized.





# ~ ACHIEVEMENTS ~

THE GOLDEN LOTUS & SACRED SCROLLS



## THE GOLDEN LOTUS & THE SACRED SCROLLS

The **Golden Lotus**, once obtained, shines its light on the writing on the Sacred Scrolls to reveal a message to Monti, while bringing her stress barometer to zero, allowing her to win the game!






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GAME OVER!





## Montana Smith & The Temple of Peace

-  Monti overcomes adversity and finds peace!
-  Monti learned how to manage stress through stress-reduction techniques and is now prepared to navigate future stressful situations.
-  She found the Golden Lotus, unlocked the Sacred Scrolls, and broke the curse.

**0% Stress on the barometer... Monti wins!**





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CREDITS





**OUR TEAM**

**Philippe Bernadel**



**Stacey Hietikko**



**Michele Israel**





**Be at  
Peace!**

**Thank You!**

