

## Level 1 Sententia Gamification Certification Training Proposal

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### **RELAX! A Journey in Uncovering the Stressosaurus**

#### **Problem:**

Today's hustle culture has created a high-stress environment here at our large sales organization. Associates are getting burnt out, and productivity is suffering. We want to offer ways they can *change their responses to stress by means of various stress reduction strategies*.

#### **Business Objectives:**

- To increase productivity by 20% year over year starting in Q1 2024 as people utilize the tools, resources, and education provided to manage daily stress.
- To reduce turnover by 3% year over year starting in Q1 2024
- Improve the reputation of the organization by being awarded a "Best Place to Work" in **2025**

#### **Training Proposal:**

Using Articulate Storyline, I want to create a gamified learning experience that will provide tools and techniques to reduce stress.

Learner Personas: Order, Adventure, and Status

Game Mechanics: Breaks, Score, Mystery Boxes, Role-Playing, Extra Credit, & Trophy

Gameplay Time: Approx 30-minutes

#### **Narrative:**

Meet AI, our fearless explorer who has recently learned that the approximate location of the elusive Stressosaurus has been identified! It is up to them to journey through uncharted land to find this mystical creature and take them down using the power of peace and mindfulness to create a world without stress.

Players will be going through the game as AI. To start the game, they'll first be able to customize their avatar with the different outfit and gear options provided to them.

Players will be tasked with following a map of where the Stressosaurus might be. Along the way, they will encounter different creatures and beings who will offer techniques for AI to use against the Stressosaurus. Each completed encounter will yield a badge and tools to go into their backpack, which can be used against the Stressosaurus if found!

- Encounter 1:
  - In this encounter, players will hear from a creature or being about the power of meditating and how it can reduce stress. They'll be invited to do a 3-minute meditation. If completed, they'll receive a tool for their backpack that instantly puts a being in a meditative state for 3 minutes.
- Encounter 2:
  - Will be focused on physical activity. Players will meet a new creature that will discuss the benefits of keeping an active lifestyle and how quick bursts of activity can help to reduce stress. Players will have a choice between 4 different 60-second activities to do. Upon completion of the activity, players will receive another tool that makes a being move for 60 seconds, instantly relaxing them.
- Encounter 3:
  - The final encounter will be focused on measured breath. Players will once again be met by a new creature who will discuss different measured breathing techniques and how to use them in moments of stress. For two minutes, players will follow a series of measured breathing to be rewarded with a breathing tool for their backpack.

Along the way, AI will notice little flying creatures who, if gently captured, will each bring a new and different stress management tip or technique. These little creatures are a great help against the Stressosaurus if brought along, so the more you collect, the more use they can be.

After a long journey and three significant encounters, AI finally finds the Stressosaurus, and it begins to try and stress them out. AI has the option to use the various tools and fairies they've collected to calm the Stressosaurus down. The Stressosaurus needs to be relaxed for at least 5 minutes before it can evolve back into a Chill-chilla, and the world can be stress-free again... or at least until the Stressosaurus returns once again!

How long they've been able to calm the Stressosaurus down, meaning depending on how many tools and fairies were used, will determine their new level or rank as an explorer. There will be three distinct levels.

If the signs of the Stressosaurus return, play again and defeat them once more!

Learning outcomes will be various stress relief tips and techniques shared to be used in times of stress while on and off the job!