

Physical Movement

Ball Tossing Multitasking Training Exercise

Ball Toss For Multitasking

A good exercise that's fun and engenders a lot of laughter, and requires only a few soft balls. It illustrates that in many requests, we don't multitask, but we switch tasks quickly, and that the process breaks down with too many "balls to juggle".

Multitasking	
Examines	Multitasking Complexity Concentration Communication Complacency
Equipment	4 soft balls (stress or foam balls are ideal)
Participants	6–10 per team
Description	<ul style="list-style-type: none">• Get your participants standing in a circle• Introduce a ball and ask them to throw it to anyone else in the circle• Then add a second ball followed by balls 3 and 4• Once these 4 balls are going round the circle ask them to complete a verbal task at the same time• I find asking them to count in 2's or 3's works well• Observe what happens when you add each task or element of complexity
Debrief	<ul style="list-style-type: none">• How did you feel the task went?• What made it particularly complicated?• At what point did the multitasking become hard?• How many roles or tasks are we expected to carry out at work and what effect on efficiency or ourselves as individuals can this have?• What role does effective time management play? You could look at the idea of 'prime' and 'down' time and the 'ugly frog' by Brian Tracy• Did you feel any pressure to do well for your team, or not be the one that 'got it wrong'? Self monitoring behavior suggests that some people are more concerned with how others see themselves (high self monitors) than other people are (low self monitors)• How did this make you feel?• How are mistakes and learning development opportunities seen and made available in your organization?

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