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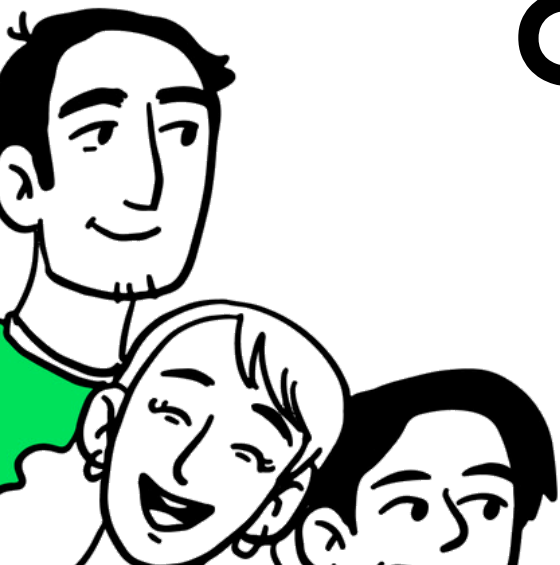
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# **FREE TRAININGS**

## **Minefield Challenge**



## Introduction

### **Brief Overview**

Step into the Minefield, a thrilling exercise where team members guide each other through a field of obstacles blindfolded! It's a test of trust, communication, and calm under pressure, sprinkled with laughter and moments of triumph.

### **Purpose**

Minefield is designed to strengthen team bonds, improve verbal communication, and enhance problem-solving strategies under unique constraints. It's perfect for highlighting the importance of trust and clear instructions in teamwork.



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## **Ideal Participants**

This challenge is a hit among teams of all sizes and types, from corporate groups looking to enhance workplace dynamics to educational settings aiming to foster collaboration among students.

## **Materials Needed**

### **List of Materials**

- Blindfolds for half of the participants
- Objects to serve as "mines" (e.g., cones, balls, soft toys)
- A spacious room or outdoor area

### **Visual Aids**

- Layout of the minefield for facilitators
- Inspirational quotes about trust and teamwork to share post-challenge

## **Training Flow & Timeline**

**Total Duration:** 45 minutes

### **Time Breakdown for Minefield Challenge**

- 10 minutes for setting up and briefing
- 20 minutes for the minefield navigation
- 15 minutes for debrief and reflection

## **Rules for the Minefield Challenge**



- **No Visual Cues:** The blindfolded participants cannot see; they must rely solely on their partner's instructions.
- **Verbal Instructions Only:** Guides can only use their voice to navigate their partner through the minefield.
- **Contact Equals Start Over:** If a blindfolded participant touches a mine, they must start from the beginning.

## **Step-by-step Guide to Minefield Challenge**

### **Step 1: Prep and Pair Up**

**Activity:** Explain the rules and set up the minefield. Form pairs, deciding who navigates first.

**Time:** 10 minutes

### **Step 2: Blindfold and Begin**

**Activity:** Blindfold one partner and position them at the start of the minefield.

**Time:** Immediate

### **Step 3: Navigate the Minefield**

**Activity:** The guide provides verbal instructions to help their partner avoid the mines and reach the end of the field.

**Time:** 20 minutes

### **Step 4: Switch Roles**

**Activity:** Swap roles and repeat the challenge to ensure both members experience both roles.

**Time:** 20 minutes



## **Key Learnings & Takeaways**

Minefield not only reinforces the importance of clear communication but also the trust necessary for effective teamwork. It's a vivid reminder that together, obstacles can become manageable, even fun.

## **Next Steps**

Challenge teams to reflect on their experience and identify ways to apply these lessons to their work. Encourage them to tackle real-life "minefields" with the same trust and cooperation.

## **Feedback**

We love hearing from you! Your insights and experiences help shape future training, making them even more engaging and impactful.

## **Cheating**

The spirit of the Minefield is trust and teamwork. Cheating undermines these principles. Facilitators should gently remind participants of the challenge's true goals if necessary.



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