



If true

Useful for: understanding the context of an issue.

Very good for: self-discovery, empathy, cohesion.

Good for: realisation, invention.

Type of exercise: team.

General description:

In this type of exercise, we give participants a future fact or scenario and ask them to imagine what needs to change/happen/be believed for this to come true. The future fact or scenario can be desirable or undesirable, simple or complex, possible or fanciful. The future fact, the 'If true..', is a pretext to stimulate participants to examine the influential levers of a given situation and the implications of them changing.

Requirements:

A worksheet that visualises the future fact/scenario and medium-size post-it notes on which to write thoughts to add to the worksheet.

Example assignments:

- 'Patients are only admitted to hospitals and clinics for scheduled procedures and serious emergencies. How do you continue to effectively manage chronic patients?'
- 'You can hear peoples thoughts. Describe what happens when you visit your doctor.'
- 'For thirty consecutive days there is no electricity anywhere in the world (but law and order are maintained). How do you continue to manage your health condition during this time?'
- 'Every time you X (context action), time stops for the whole world, except you. What do you do?'

Outcome:

The outcome of this exercise is a collective point of view of what is vital and what is fragile or merely an unthinking habit. It is also useful for uncovering unusual solutions to problems and understanding fears and prejudice.