

OODA Lab Interpersonal Skills Training

One-day Power Training

Training Overview | 8:30am – 5:30pm

Morning Session: | 8:30am - noon

Time Box*	Content**
25 minutes	Introduction/Briefing/Experiential Exercise
55 minutes	Simulation #1 (focus: analyze own behaviors, give and receive feedback)
15 minutes	Effective planning discussion
10 minutes	Break
35 minutes	Simulation #2 (focus: optimize behaviors from first simulation, roles and responsibilities)
25 minutes	Learning transfer discussion #1
15 minutes	Effective debriefing discussion
55 minutes	Lunch

Afternoon Session: | 1:00pm – 5:30pm

Time Box*	Content**
80 minutes	Simulation #3 (focus: teamwork in complex situations, building trust)
30 minutes	Learning transfer discussion #2
10 minutes	Break
20 minutes	Leadership discussion
60 minutes	Simulation #4 (focus: effective collaboration)
30 minutes	Learning transfer discussion #3
10 minutes	Break
20 minutes	Learning transfer discussion #4 (focus: commit to infuse learnings into real life)
15 minutes	OODA Lab training feedback

* Length and sequence may change based on dynamics of the learning situation

** Subject to change based on learning needs as the day progresses to bring maximum value to participants