

OODA Lab Interpersonal Skills Training

Two-day Course

Day 1 | 8:30am – 4:00pm

Morning Session: | 8:30am - noon

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

Afternoon Session: | 1:00pm – 4:00pm

Time Box*	Content**
80 minutes	Simulation #3 (focus: teamwork in complex situations)
30 minutes	Learning transfer discussion #2
20 minutes	Break
25 minutes	Leadership discussion
15 minutes	Debrief Day 1 and brief for Day 2

-End of Day 1-

Day 2 | 8:30am – 3:30pm

Morning Session: | 8:30am – 11:30am

Time Box*	Content**
25 minutes	Brief for Day 2 and Lessons Learned from Day 1
80 minutes	Simulation #4 (focus: effective collaboration)
30 minutes	Learning transfer discussion #3
20 minutes	Break
20 minutes	Safety as an outcome discussion
25 minutes	Experiential exercise/discussion
60 minutes	Lunch

Afternoon Session: | 12:30pm – 3:30pm

Time Box*	Content**
90 minutes	Simulation #5 (focus: workload stress, effective collaboration)
60 minutes	Learning transfer discussion #4 (focus: commit to infuse learnings into real life)
10 minutes	Break
25 minutes	OODA Lab training feedback

-End of Day 2-

* 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