



The Transformation Game

**A Special Game – for Individuals
and Work Teams**

The Transformation Game

Have you ever imagined that a game could help you address and solve personal or professional criticalities in your life?



More than 40 years ago, Joy Drake and Kathy Tyler designed The Transformation Game (®1986-2004) exactly for this, as a powerful psychological tool for self-knowledge and personal growth that promotes creative problem solving and a better life.





How was The Transformation Game invented?

The Findhorn community, where Joy Drake and Kathy Tyler lived, is very diverse community. People of different cultures and all walks of life live there. Each time, when important decisions, concerning benefits of community, had to be made, there were long and emotional discussions.

As good psychologists, they thought about a possible tool or model that would reflect the situation, when we find ourselves faced with a dilemma that we need to solve.

They **transferred to the game board the path of life** where we all move forward, pursuing our own goal, while others—with their own walk and mission—also intertwine. Similarly, in the game, each player controls a pawn, rolls the die, and moves it on a special track on the board.

The fields on which the pawn can land reflects real life situations: sometimes we face the “good wind” (Insight), sometimes the blockade (Seatback); sometimes we have to use Free will in decision-making, sometimes Intuition; sometimes we’re just teammates’ helpers, and sometimes others speed up our journey (Serving). There are also cases when the referral happens as an unexpected happy situation (Miracle)...

Joy Drake and Kathy Tyler wanted to help people **to understand the complexity of decision-making** through this game. Moreover, this would help them be more patient in a real situation and **decision-making would become better and simplified.**



Man - A playing creature

The game came to life – with a great impact potential – because we, humans, are in essence playful beings.

In addition to its educational value, it also brings at least two other benefits:

- Therapeutic: it allows players face their fears and limitations;
- Enlightening: it opens up the dimensions of the whole situation when we can see a problem in a wider context.

This is the reason why the game is still alive and relevant today, after so many years. In fact, it is even more binding, as it has been continuously improved over the years, while at the same time educational programs for game facilitators and trainers were developing.





Learn more: read the blog of personal experience of Darko Ferčej, M.Sc., EU project coordinator
http://www.onezimosvet.si/images/onezimosvet_si/transformation-game-blog-eng.pdf

Who can play The Transformation Game?

Because each of us is a social being that belongs to the community and decision-making is a part of everyone's life, **everyone can play the game.**

On the other hand, playing the game requires **engaged time, patience and readiness to play.** Many people are not ready to face challenges, leave the comfort zone and to make changes. In addition, of course, **sufficient knowledge of the language** in which the game is played is required as well.

How to play the game?

1. Setting purpose

At the **beginning of the game**, each player **identifies a purpose**. That can be any issue, concerning the current situation of the player. Anyway, it must be formulated as a purpose: "I intend to ..." Those players, who choose a 'high-risk' intention, gain the most out of the game, unlike those who choose dilemmas where they feel more comfortable.

It can be a **personal purpose**:

- I will overcome the feeling of self-blame
- I intend to trust myself
- I intend to resolve the dispute between my partner and myself
- I intend to be a mindful parent

It can be **related to professional life**:

- I intend to release work-related stress
- I intend to be guided by my abilities
- I intend to protect my borders and communicate my position with clarity
- I intend to stop procrastination

The game can also be a great tool for **team building in the work environment**. All players can set a goal related to improving working conditions:

- We intend to establish satisfactory relationships
- We intend to carry out the new development goal fully engaged
- We intend to resolve conflict
- We intend to reduce stressful working conditions



2. The journey begins

At the gaming table together with three other colleagues and **the assistance of an experienced and trained facilitator the journey begins.**

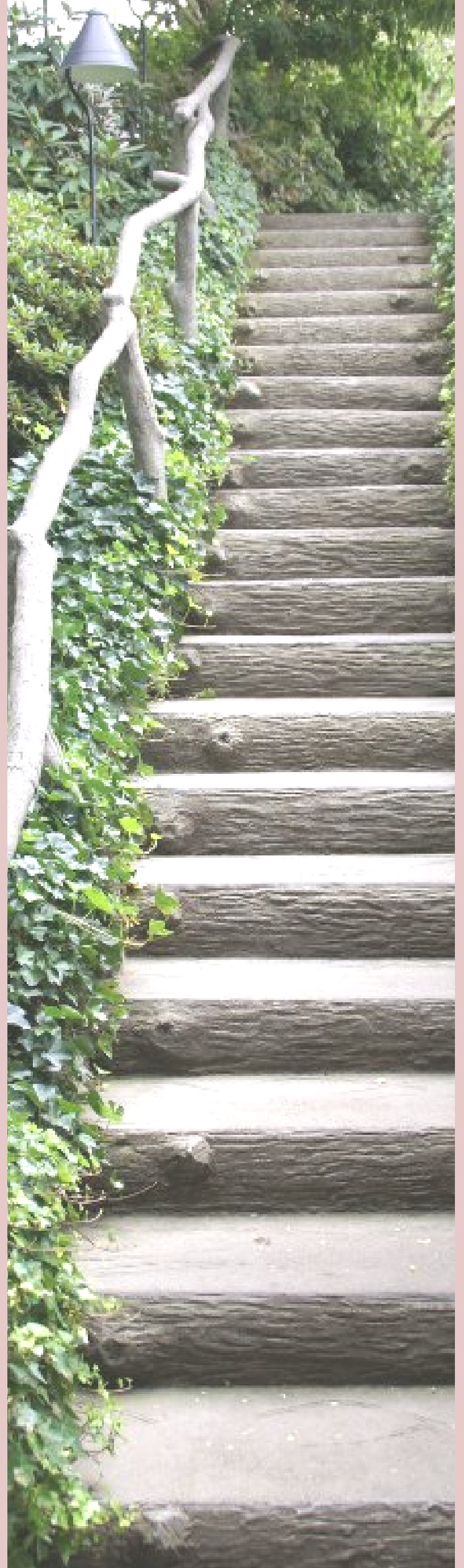
First, they all fill their so-called "**unconscious envelope**" with cards: the Insights, the Setbacks ... These cards represent a more personal experience than those taken from the gaming table.

By rolling the die **players take turns one at a time**, move their own pawn on a special track of the game board, and **deal with tasks** specified by the field where their pawn lands in.

Depending on the field, players can:

- make consideration about their **strengths and weaknesses**,
- confront their **setbacks**,
- answer questions that bring **insight** and accelerate **progress**,
- project themselves in **role-play** and **imagined simulations**,
- rely on their **intuition or freewill**, and
- **cooperate** with the other players.

In all tasks, the active player is invited to **clarify to the other players a particular aspect of their chosen purpose**, and/or to take a stance or a decision on it. Then, she or he sums up their particular elaboration of the task on a personal player board.



3. Four levels of the play

Because life is multifaceted, so is the game. Players start addressing their purpose on the **physical level**, then progress to the **emotional**, then the **mental and spiritual**. Each level, however, reflects the different abilities and capabilities that the player brings to life.

The variety of tasks included in the game helps the **players reflect on the important personal and professional issues** they decided to bring to the game. Unravelling the game, however, creates a sense of trust within the group, and helps players **address crucial problems**, and **introduce change** in their real life.



4. Completion of the Game

The game ends with the completion of all levels and with the **final summary and sharing** of each player, as well as the facilitator, who constantly monitored and analytically followed the game. Players can conclude the session by also **charting new steps** into the future.

Therefore, **everyone wins**, as victory in The Transformation Game means facing one's life challenges and finding a novel strategy to deal with them.

The background features a colorful, abstract design with a blue starry sky at the top and bottom. A large, curved, multi-colored band (green, yellow, blue) arches across the middle. Various game components are visible: a card with a dolphin and the word 'Enthusiasm', a circular board with a gold coin, and a card with a large 'X' and the text 'Universal Feedback'.

What will you gain by playing the game?

As the famous thought goes: **The best way to learn is by playing.** Significantly, there is so much to learn by playing the Transformation Game! Thus, many reasons make such experience valuable and unforgettable.

The first reason for this is that playing is not boring. It's as interesting and tense as life itself.

Secondly, out of curiosity. So many **unexpected insights, answers, new aspects...** only this game can bring, because it was created for this purpose.

- For personal development: As the dolphin oracle says: Know thyself! The game offers the keys to opening some doors to self-knowledge.
- For the sake of **well-being**: We need to find ways to work together with others to create a beautiful community where we learn the compassion communication and how to respect differences.
- Because it helps to **resolve dilemmas** in both the personal and professional realms.
- And finally, because **no harm happens** with playing: only benefits are gained.

Therefore - courageously ahead to transformational journey!

Palying options

The game is designed for four players. The players may know each other (friends, family members, work colleagues...) or they may be just acquaintances or complete strangers. Playing the game can be shorter or longer. In the shorter option, everything goes faster and more concisely; in the longer term, there is more time for conversations, sharing impressions and processing.

You can choose from these options:

| | |
|--------------------------|---|
| <i>Six-hour workshop</i> | (Suitable for the duration of working hours) |
| <i>One-day workshop</i> | (From morning to evening) |
| <i>Two-day workshop</i> | (Two days during the period of working hours) |
| <i>Five-day workshop</i> | (Five hours each day) |

A six-day workshop for Erasmus + education

Learning Outcomes

The course will help the participants to:

- Autonomy, (self) criticism, (self) reflexivity, (self) evaluation – the value of continuous personal progression
- Ability to communicate, creative thinking and problem solving
- Increased ability to teamwork, co-operation and sharing
- Improvement of emotional intelligence and skills
- Acquirement of a wide horizon, that helps to see dilemmas from different perspectives, with time for calm reflection, sharing and guidance.
- Higher communicability / openness for people and social situations
- Knowledge, understanding of psychological and social systems
- Improvement of moderation, mediation and management skills
- Realisation of inner potential in achieving personal/professional goals
- Increased awareness of personal strengths and the inner limitations
- Understanding and control of patterns of stress
- Ability for clear feedback and clarification
- Ability of changing non-productive habits, resolving interpersonal conflicts and removing blocks and fears
- Ability to clarify important personal issues, for active response to challenges and to adopt good habits in health, career, relationships...

| | |
|-----------|---|
| MONDAY | Introduction to <i>The Transformation Game</i> and purpose setting <ul style="list-style-type: none">• Introduction to the course, the school, and the external week activities.• Icebreaker activities.• Presentations of the participants’ schools.• Introduction to the game and setting common rules of the game• Connecting with the personal purpose |
| TUESDAY | <i>The Transformation Game</i>: The physical level <ul style="list-style-type: none">• Clarification on purpose setting• Playing the physical level |
| WEDNESDAY | <i>The Transformation Game</i>: The emotional and the mental level <ul style="list-style-type: none">• Playing the emotional level• Playing the mental level |
| THURSDAY | Playing <i>The Transformation Game</i>: The spiritual level <ul style="list-style-type: none">• Playing the spiritual level• Completion on the Board |
| FRIDAY | Concluding <i>The Transformation Game</i> <ul style="list-style-type: none">• Feedback, integration and planning for the future steps• Creative group expressions |
| SATURDAY | <ul style="list-style-type: none">• Course evaluation: round up of acquired competences, feedback, and discussion.• Awarding of the course Certificate of Attendance.• Excursion and other external cultural activities. |



Erasmus+



Mateja Jamnik
professor of philosophy
workshop leader and
facilitator of the
Transformation Game

CV short
FB Mateja

Contact Us

+368 41 787 228
mateja@onezimosvet.si
www.onezimosvet.si
Facebook: [FB Jasa](#)

