TRISKELION

Serious game for time management and personal productivity

Triskelion is a training program that teaches students how to use a proven work method applied by thousands of users.

General description:

In the first century, Lucius Annaeus Seneca left behind an admirable legacy for humanity. This Spanish-born philosopher from Cordoba discovered the secret to success, prosperity and happiness. His secret was safeguarded for 2,000 years by the Order of Wisdom, whose members continued prospering and improving, and they eventually created the most comprehensive time management system ever.

Triskelion is an online course based on a simulator that recreates real situations so that students can learn how to develop their own personal productivity and time management systems.

Triskelion is available in several languages. Check with your Key Account Manager for availability.

Characteristics:

A learning program built around the game-based learning methodology:

- Applicable and practical.
- Revolutionary and powerful.
- Addictive and innovative.
- Experiential learning.
- Flexible, quick and easy to play.
- Fun and entertaining.
- Unique.

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Methodology:

The game-based learning methodology developed by Gamelearn is a combination of 3 elements:

1. **Quality content,** equivalent to a two-day classroom course with a strong practical focus that is useful and has a direct application at work.

2. **Gamification techniques** such as storytelling, rankings, levels and badges so that learning becomes a different and fun experience in order to generate student engagement.

3. **An advanced simulator** that recreates situations that are similar to real life so that the student can practice in a safe and stress-free environment while also receiving personalized feedback with areas for improvement.

Objectives:

- Develop your own system for improving time management and personal productivity.

- Learn to plan, prioritize and achieve goals.

- Discover tips and techniques for managing your day-to-day tasks and making the right decisions.

- Make use of tools to avoid procrastination, improve efficiency and enhance your performance.

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Program:

Module I: Planning

- Learn to set and plan goals, and discover strategies for meeting them.
- Learn to prioritize and take back the balance and control in your life.
- Learn to use a To-Day List, a tool that will help you make decisions without losing sight of your priorities, thus improving your concentration and efficiency.

Module II: Management

- Discover the Triskelion process to improve in decision-making, reducing your workload, managing your email more efficiently and performing tasks more effectively.
- Discover how to have an orderly and organized personal and work life.
- Take control of outstanding commitments and tasks.
- Design your own personal productivity system, enhance your efficiency and reduce stress.

Module III: Do it NOW!

- Improve your performance precision and speed.
- Improve your concentration. Reduce distractions.
- Improve your performance with the Looped Focused Workflow.

Module IV: Focus

- Learn about how focus improves productivity.
- Discover the keys to prioritization.
- Free up time by saying "NO" to others and yourself.
- Simplify your life.
- Simplify your work.

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References:

Triskelion was developed based on the Getting Things Done (GTD) productivity method created by David Allen. It also utilizes the productivity tool developed by Stephen Covey known as "The Four Quadrants" and the strategies conceived by Brian Tracy in his book "Goals!"

Knowledge and skills:

Thanks to the simulator, learning the target skills is effective. Students develops a complete system for improving their personal productivity and capabilities to manage their time and daily tasks.

Triskelion covers the following skills:

- Time management.
- Continuous learning.
- Self-confidence.
- Self-control.
- Self-awareness.
- Information sourcing.
- Work-life balance.
- Focus.
- Flexibility.
- Change management.
- Conflict resolution.
- Impact and influence.

- Initiative.
- Innovation and creativity.
- Integrity.
- Leadership.
- Results-orientation.
- Planning, organization and coordination.
- Problem solving.
- Stress tolerance.
- Decision-making.
- Teamwork.

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Target audience:

While Triskelion is intended for all profiles, it is particularly suitable for professionals looking to enhance their efficiency and productivity who need handle substantial workloads and/or have problems dealing with stress.

Operation:

1. Players only need an internet connection to play Triskelion.

2. You can access Triskelion from the Gamelearn platform or include it as an additional solution in your LMS (Cornerstone, Moodle, SAP Success Factors, etc.).

3. You have access to the performance of your students and groups in real time.

Good Luck!