

## A Chance to Grow

Regardless of the outcome, we at Captured LV hope you enjoyed one of the fastest, most heart-stopping hours of your life. Now that you are out of the room, we recommend your team does a debriefing.

While debriefing got its start in the military, today it's frequently used in business because of its powerful results and simplicity when handling rapidly changing situations, evolving innovations, and tackling difficult objectives. It brings teams together, strengthens relationships, and fosters team learning.



”Through debriefing, teams can self-correct and enhance their collective performance.”



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Unlock your team's potential!

**CAPTURED LV**  
**ESCAPE**  
**ROOM**

*Debriefing Guide*

## Getting Started

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After your game, have the team leader gather everyone and take at least 15 minutes (longer sessions are encouraged) to reflect on your experiences in the escape room. Don't set a time limit on debriefing, as good discussions require time for warming up, reflection, maximum input, and closure.

The next few pages have some questions that, in our opinion, are some of the best to ask after an escape room. Feel free to choose, add, or revise questions as you need!

## Questions to Review

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- What did you enjoy about the escape room? What was your favorite part?
- Was there a time when you felt particularly proud of yourself or your team during the game? Why?
- Was there a time when you felt particularly stressed? What was the cause of this stress?
- How did you personally contribute to the game? What role do you feel everyone played?

- Was there a moment during the game when you felt you were working well as a team?
- Was there a moment you felt there was too much dysfunction? What do you think caused these good and bad moments?
- Was there a time when you felt particularly stressed? What was the cause of this stress?
- If you were to do another escape room with your team, what would you do differently?
- What do you think you need to improve on as a team in general?
- What skills or knowledge were needed for this challenge? How do those skills apply to the workplace?
- Were there certain people you needed to depend on to complete certain puzzles? How did this make you feel?
- Did you trust your team in the escape room? Why is this important?
- What effective strategies were you implementing in the escape room?
- What were you doing ineffectively?
- How did you communicate in the room as a team?
- Do you think you communicated well as a team?
- What changes would you make to how you communicated?

## Leave Your Stripes at the Door

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This exercise can be intimidating, especially if such open communication is not normally practiced at your workplace. The facilitator should make it known that the debriefing is a “safe space,” with the tone of the environment remaining open so that team members can express themselves in constructive ways.

