

# SESSION GUIDE

## Step 1: Idea Generation (Brainstorming)

- **Timeframe: Allocate 10-15 minutes for this phase.**
- **Method:**
  - Gather your team (or do this individually if you're working solo).
  - Set a timer and let everyone freely generate ideas related to the problem statement without any judgment or filtering.
  - Encourage wild and unconventional ideas to ensure a broad range of possibilities.
  - **Write down each idea on sticky notes or a digital tool like Miro or Trello.**

## Step 2: Categorize Ideas

- **Timeframe: 5-10 minutes.**
- **Method:**
  - Group similar ideas together into categories. For example, you might have categories like "Technology Integration," "Nutrition Support," "Injury Prevention," and "Motivation Strategies."
  - This helps to see patterns and reduces redundancy.

## Step 3: Voting Process

- **Timeframe: 5-10 minutes.**
- **Method:**
  - Dot Voting: Give each participant a set number of votes (e.g., 3-5 dots) and have them place their dots on the ideas they believe are the most promising or impactful.
  - Pair or Group Voting: If working in pairs or groups, each pair/group can discuss and agree on their top 3 ideas. Then, they can cast their collective votes.

## Step 4: Narrow Down to 3 Main Ideas

- **Timeframe: 5 minutes.**
- **Method:**
  - Count the votes for each idea.
  - Identify the top 3 ideas with the most votes.
  - Discuss briefly if needed to ensure consensus on the top 3.