

# L-LAAD GUIDANCE TOOL FOR WAQ

## Preparation

- Utilize a quiet setting with minimal distractions and have the soldiers form a “U” shape so that they can all see each other.
- Remember that the L-LAAD is more than a discussion about the events of the day. The goal of this debrief is to provide the soldiers with an opportunity to discuss how they are responding to the transition home post deployment/training.

**1. Introduction Phase:** Leader explains the reason for the meeting and sets ground rules for the discussion (i.e. be respectful of others, speak only from your perspective etc.)

- “Today we were able to participate in \_\_\_\_\_. What did you think about the activity?”

**2. Event Phase:** Leader guides the discussion by asking unit members to share their perspectives of what happened. (What happened? What went well? Who did well?)

**Do not do an AAR**

- “So we were out at paintball today. For some of you it was the first time and for others you have done this before. What were some of the things you saw out there today? What went well?”

**3. Reaction Phase:** Leader asks the group to share their reactions to the situation. Reactions can be physical or emotional, but should not dig into underlying issues.

- “How many of you felt nervous about trying out this activity for the first time? Did you tell anyone?”
- “It is normal to be nervous when trying a new activity such as this. Most of us were new to it, how did you react to this unfamiliar situation?”
- “Did you notice anyone having trouble? Did you step in to help? What did you do?”
- “Did any of you second guess anything that happened today? How would you have done it differently and why?”

**4. Self and Buddy Aid Phase:** Leader highlights the importance of taking care of each other and remaining vigilant of changes in buddies behaviors.

- “While we were out here today, I noticed some of the more experienced players giving tips to those who were new to it. What sort of examples did you see out there today of you supporting each other?”
- “How can we continue to support each other now that we have returned?”

**5. Resilience Phase:** Reinforce resilience principles and provide simple resilience training on Self and Buddy Aid techniques Re-acknowledge the positive things that occurred throughout the day and remind them of their resources; each other, their leaders etc.

**6. Closing Phase:** Wrap up the session on a positive note, mitigate stigma, remind the group that requirements still exist and make additional resources available and known.