

PLAY AT WORK - WHY SHOULD WE BOTHER?



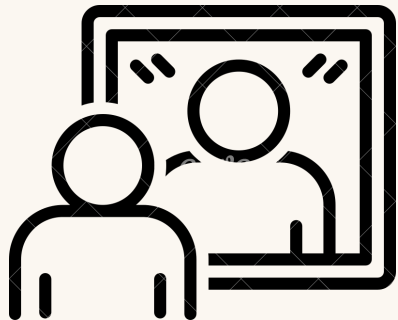
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DANISH CLAPPING



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REFLECTION



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No game is just a game



FIN -> AUSTRIA

Improvisation 2004 or so, with a decade break :D

Agile since 2007 ish

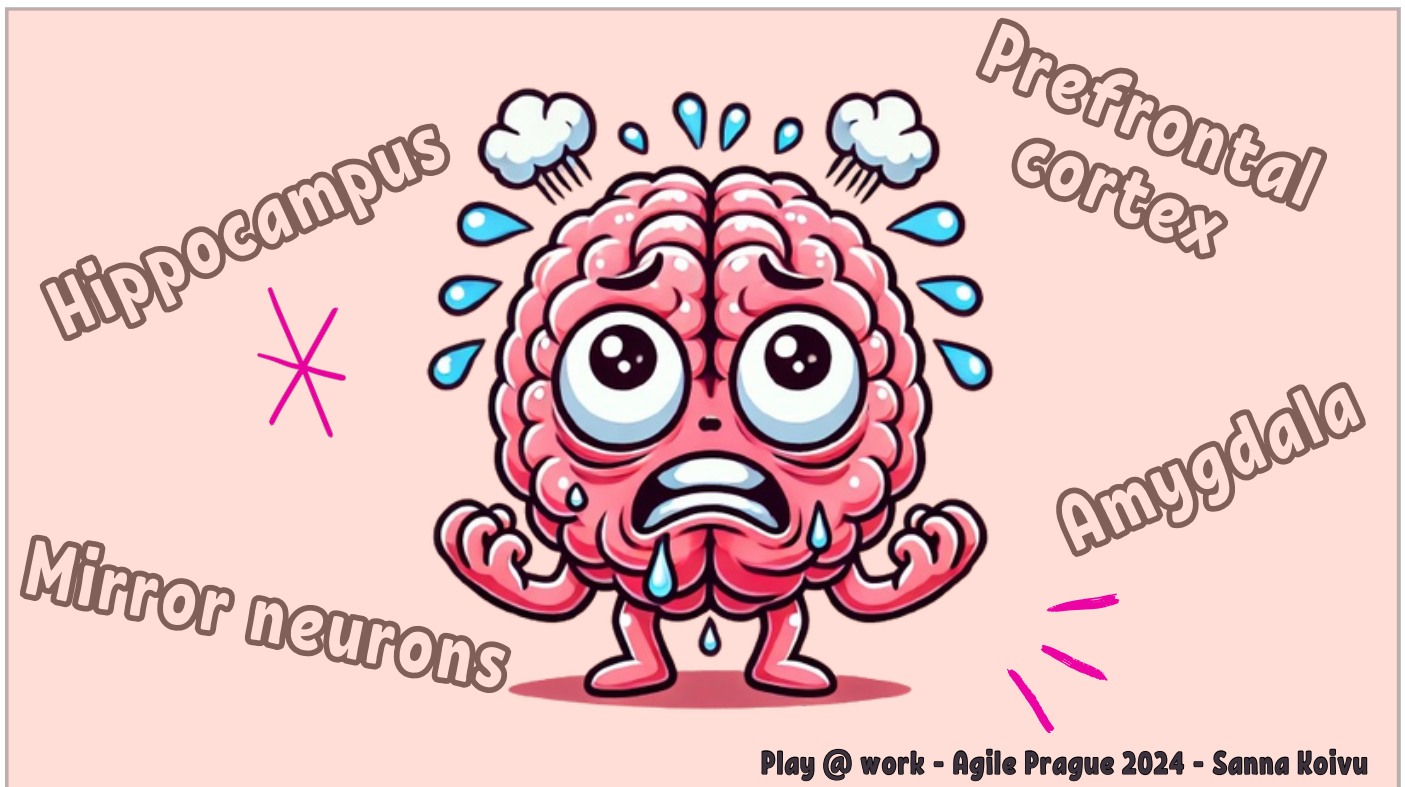
Always curious about the brain, and how humans function. educational leave.



Main function keep you alive, keep you safe

- social animal, used to mean death --> social interaction is FEAR

most of our decisions are fear - based



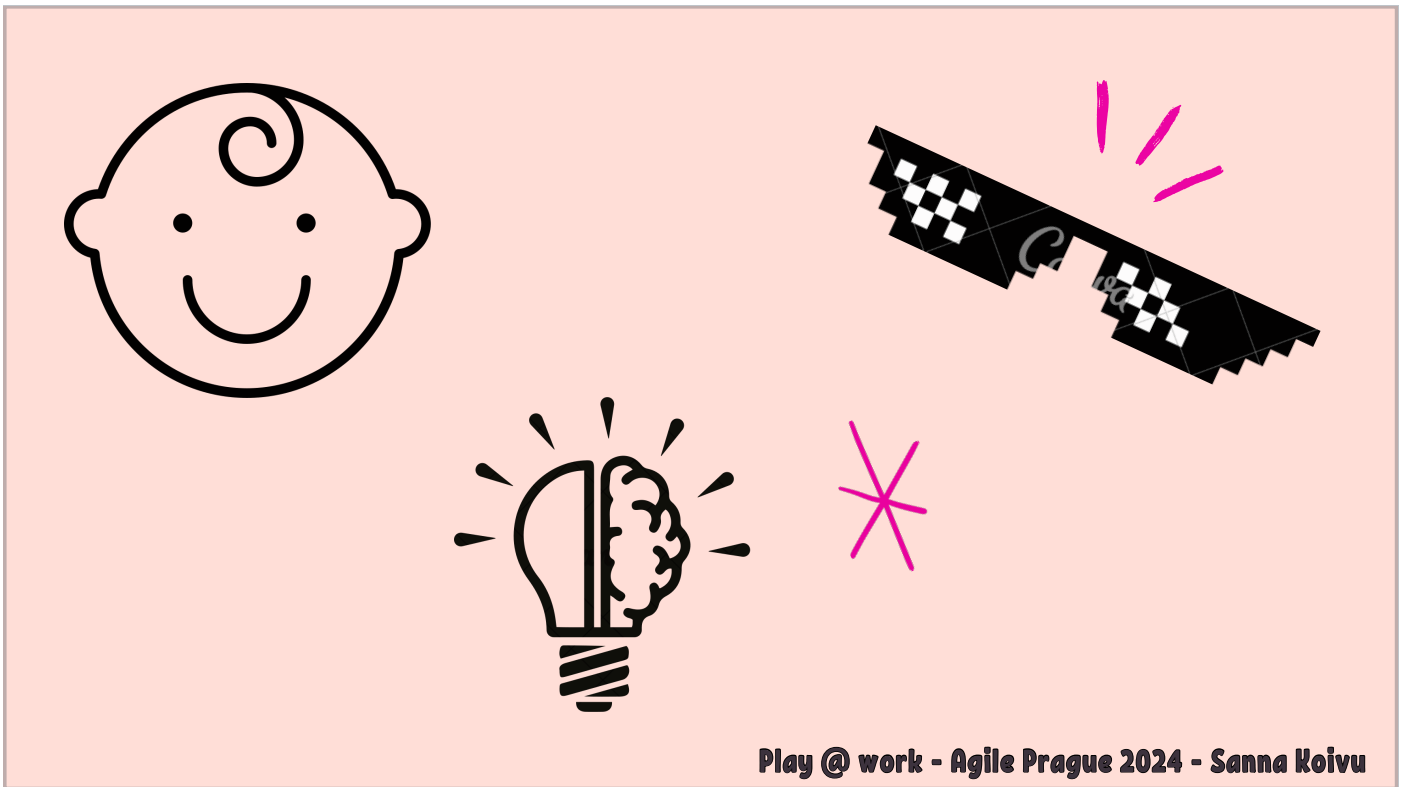
Hippocampus
SIMILAR

Amygdala
MY EMOTIONS, THREADS

Prefrontal cortex
FIRST IMPRESSIONS, SOCIAL HIERARCHIES + QUES
RISK VS. REWARDS
SELF CONTROL
EMOTIONAL RESPONSES

ADJUST BEHAVIOR

Mirror neurons
MIMIC + UNDERSTAND
SOCIAL LEARNING
ADAPTATION



New stuff - focus in novel situations like this - making sure ppl talk and meet - easier to connect later

secret handshake

Team - creative

having a energiser before the meeting will make the blood flow and brain in another gear

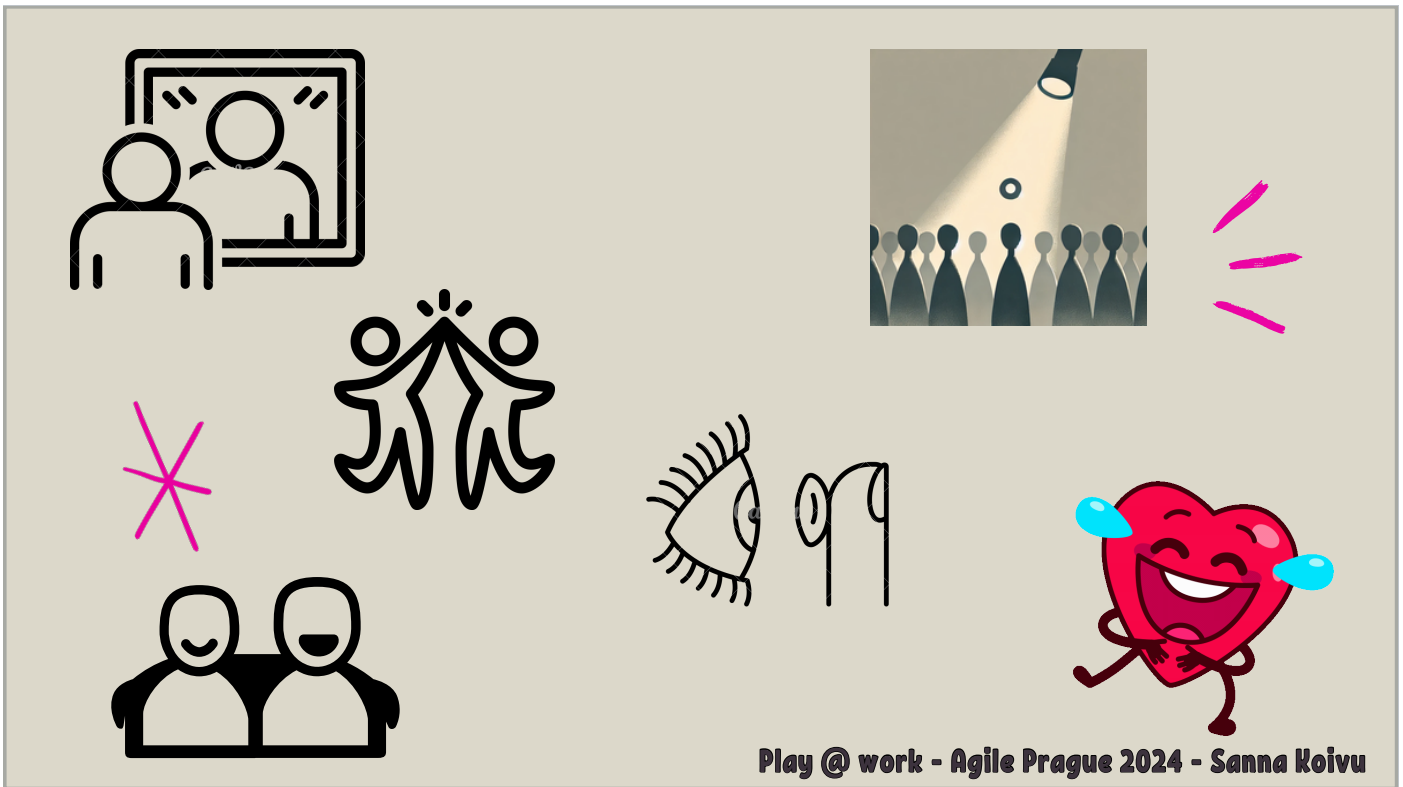
never have I ever..

See old stuff new

having an "innocent, just for fun game", then making the connection to organization hierarchies. safe way to talk about these things

count to 20

all: common vocabulary, inside jokes



Weapons of mass connection

religions:

breathing, singing, chanting, dancing..

focus not on you

body language - mirroring each others - mirror neurons

eye contact

physical approximate - use of space

physical touch - even a short one oxytocin

humor + having fun together

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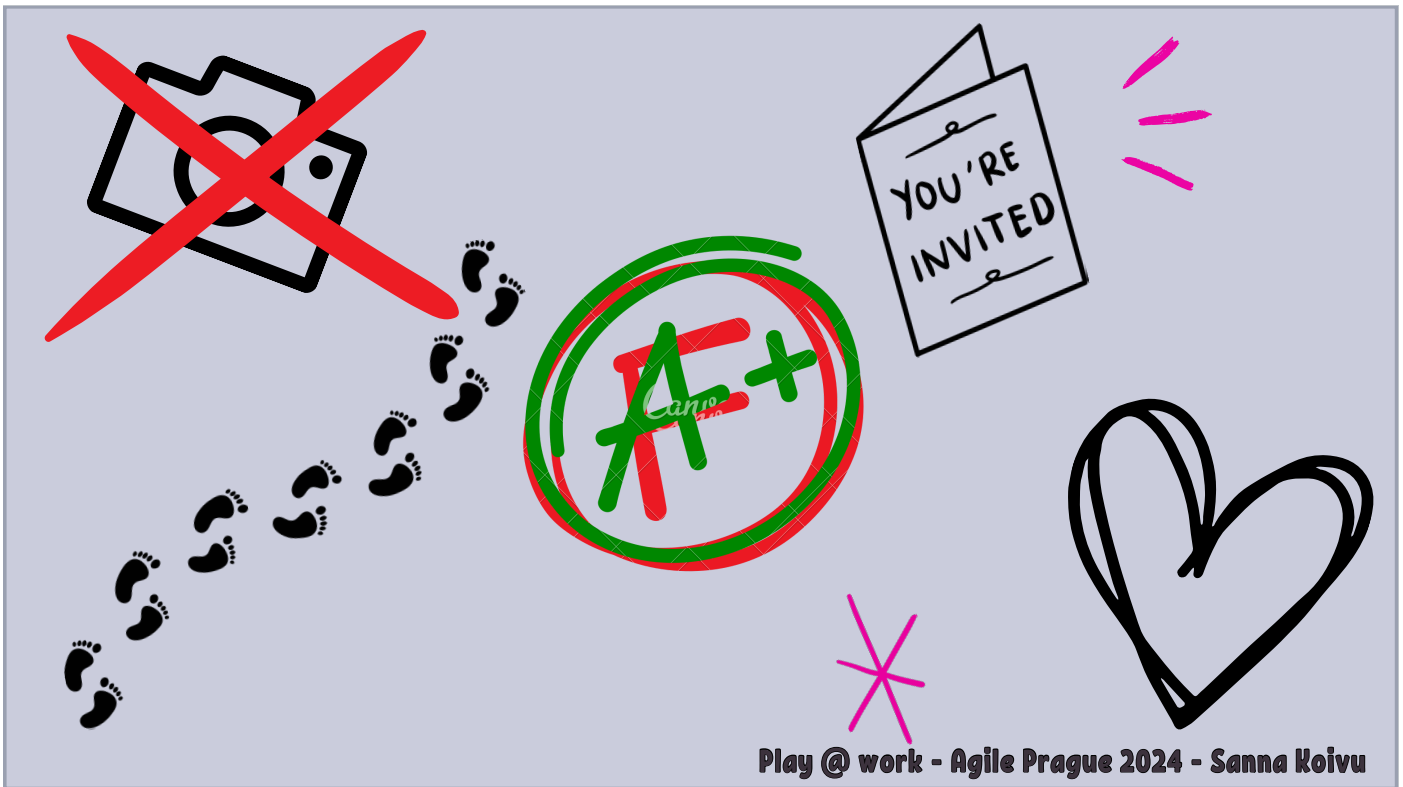
active listening

story telling

group dynamics

collaboration

empathy



CAMERAS - silly

INVITATION - no is a total sentence

DO WHAT YOU LOVE - 100% your game

BABY STEPS - you know your team, what is the small step?
force = counter force

FAIL + CELEBRATE

AFTER - energetic

QUESTIONS ?
COMMENTS



THANK
YOU!

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challenge: what small step can you take to make it more "brain-friendly" for your team?

wishing you a playful September ;)