

Bailey & French.



Bailey & French.

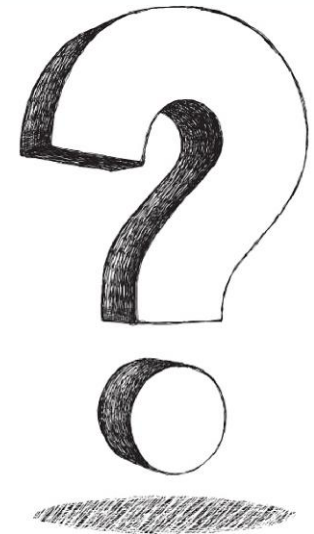
The Psychology of Play

1st October



Which of these is not a benefit of play:

- Boosts creativity
- Eliminates stress
- Develops emotional intelligence
- Strengthens memory





Play has several benefits:

- ✓ **Peak performance and mastery**
- ✓ **More social interaction**
- ✓ **Developed emotional intelligence**
- ✓ **Reduced stress**
- ✓ **Higher perseverance**
- ✓ **More flexible decision making**
- ✓ **Increased creativity**
- ✓ **Enhanced resilience**
- ✓ **Healthier**
- ✓ **Happier**

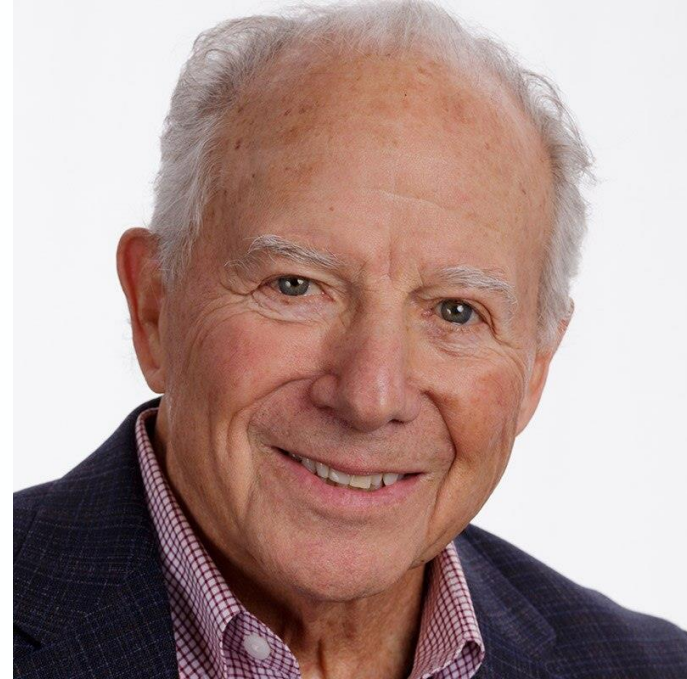
Play - Stuart Brown

'Finally, a good excuse to goof off ... Brown builds a compelling case for the importance of recreation to success and creativity — and insists that grown-ups need it too.' — **Discover**

Play

how it shapes the brain,
opens the imagination,
and invigorates the soul

Stuart Brown, MD
with Christopher Vaughan



Humans have a deep connection with play



<https://www.youtube.com/watch?v=HHwXlcHcTHc>

1. What was my favourite moment of the talk?
2. What is one thing I'd like to remember about the talk?
3. What action could I take to benefit from the talk (or help another person benefit)?

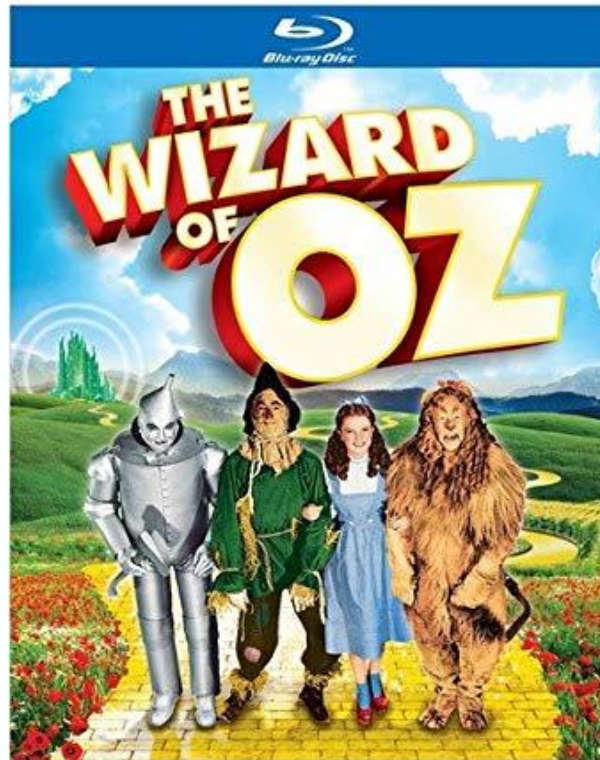
How can we implement play at work?

- Playing games
- Creative mind-mapping
- Personalising individual workspaces
- Socialising
- Gamification of tasks
- **Playing to strengths**

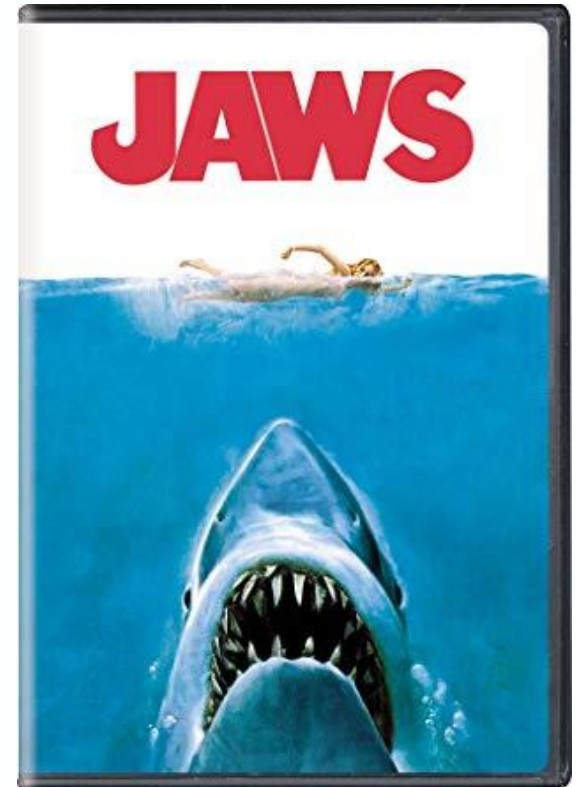




1



2



3

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Think back to being young. What was fun for you? What types of game or activity brought you the most joy?



Linking activities to Strengths

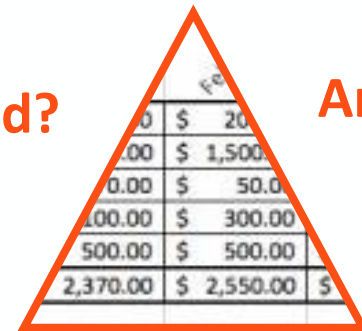
Playful?



Cooperative?

Focused?

Analytical?

A triangle with an orange border containing a table of financial data. The table has three columns: a numerical column, a currency column, and a unit column. The data is as follows:

0	\$ 20	
.00	\$ 1,500	
0.00	\$ 50.0	
100.00	\$ 300.00	
500.00	\$ 500.00	
2,370.00	\$ 2,550.00	\$

Strategic?

Creative?

Rigorous?

Empathetic?



Determined?

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Taken from At My Best cards™

A word cloud of personality traits. The words are arranged in a circular pattern, with some larger and more prominent than others. The colors are teal and orange. The traits include: Caring, Warm, Playful, Attentive, Sincere, Considered, Strategic, Practical, Thoughtful, Understanding, Modest, Detailed, Approachable, Energetic, Open-minded, Determined, Insightful, Patient, Organised, Rigorous, Co-operative, Analytical, Wise, Appreciative, Fair, Hopeful, Engaging, Curious, Independent, Creative, Focused, Humorous, Flexible, Generous, Supportive, Spontaneous, Conscientious, Resilient, Decisive, Guiding, Calm, Principled, Passionate, Positive, Empathetic, Dependable, and Bailey & French.

Caring

Warm

Playful

Attentive

Sincere

Considered

Strategic

Practical

Thoughtful

Understanding

Modest

Detailed

Approachable

Energetic

Open-minded

Determined

Insightful

Patient

Organised

Rigorous

Co-operative

Analytical

Wise

Appreciative

Fair

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Engaging

Curious

Independent

Creative

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Conscientious

Resilient

Decisive

Guiding

Calm

Principled

Passionate

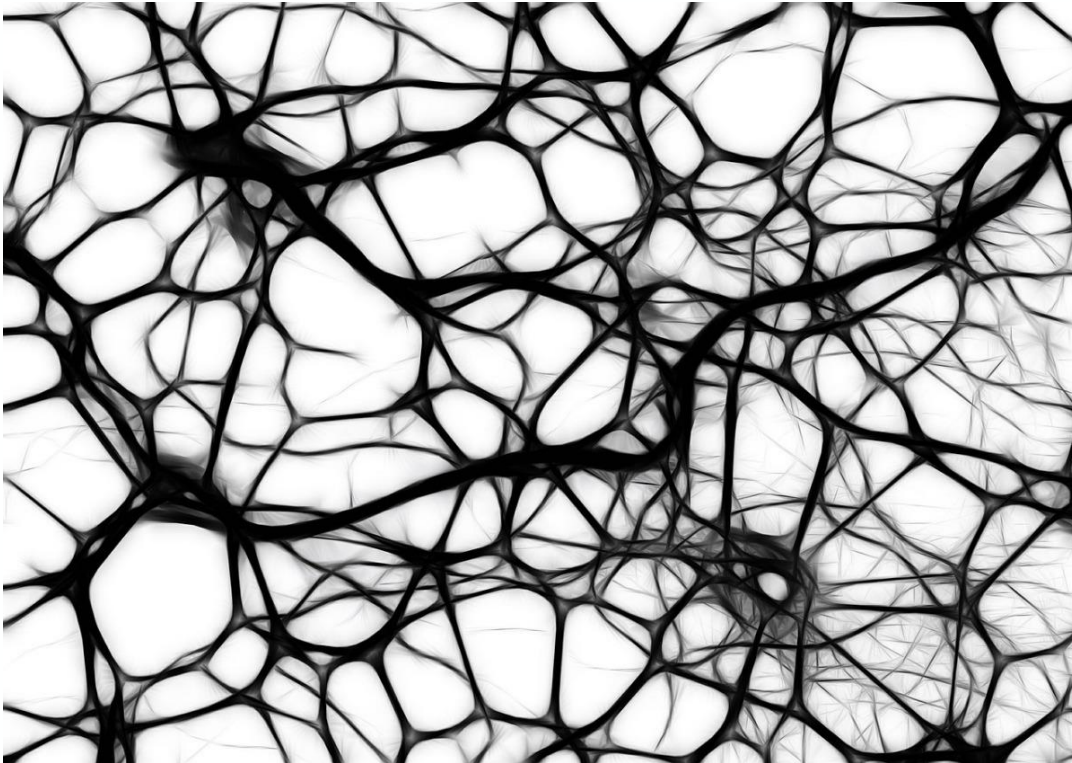
Positive

Empathetic

Dependable

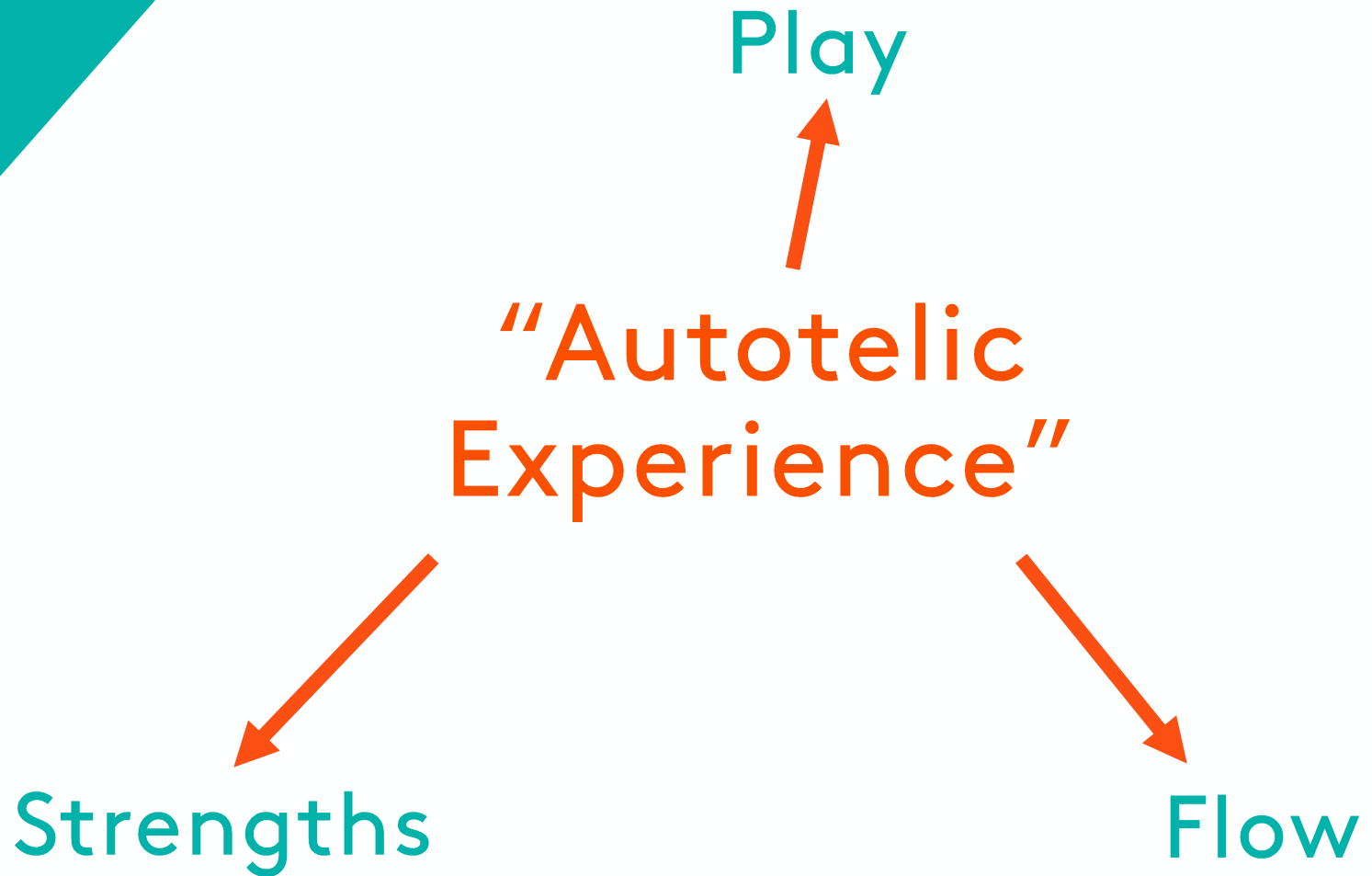
How strengths form

Strengths = Problem-solving



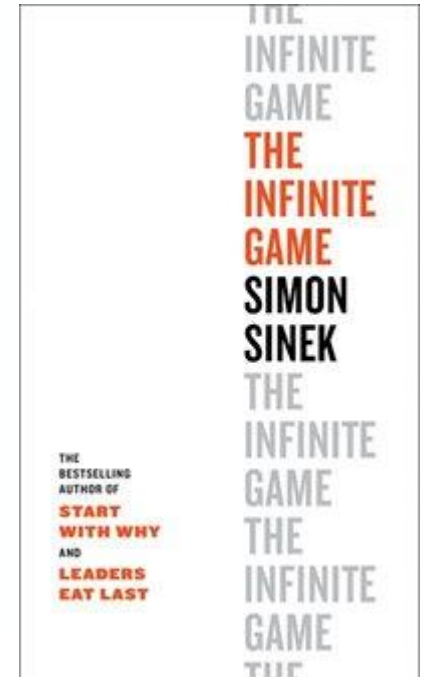
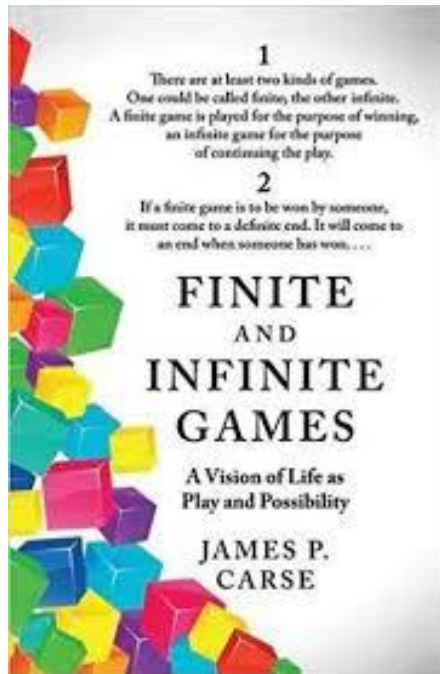
$$\begin{aligned}\log_a(u \cdot v) &= \log_a u + \log_a v \\ \log_a \frac{u}{v} &= \log_a u - \log_a v \\ \log_a u^r &= r \cdot \log_a u \\ \log_a \sqrt[n]{u} &= \frac{1}{n} \log_a u\end{aligned}$$

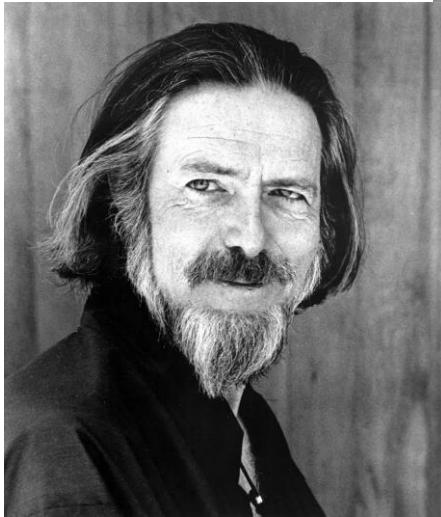
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“A finite game is played for the purpose of winning, an infinite game for the purpose of continuing the play.”

James Carse





**THIS IS THE REAL
SECRET OF LIFE -
TO BE COMPLETELY
ENGAGED WITH WHAT
YOU ARE DOING IN THE
HERE AND NOW.
AND INSTEAD OF
CALLING IT WORK,
REALIZE IT IS **PLAY**.
ALAN WATTS**

Questions?



Let's Talk

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