

How many things beginning with J can you find?



Bailey & French.

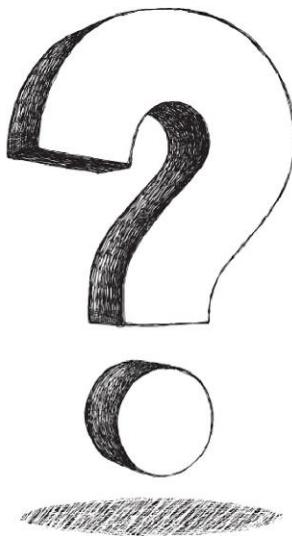
The Psychology of Play

1st October



Which of these is not a benefit of play:

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



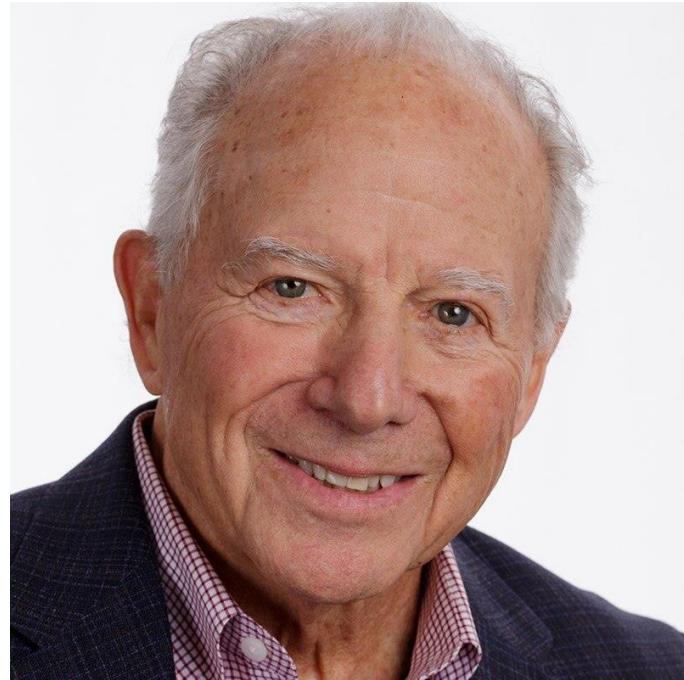
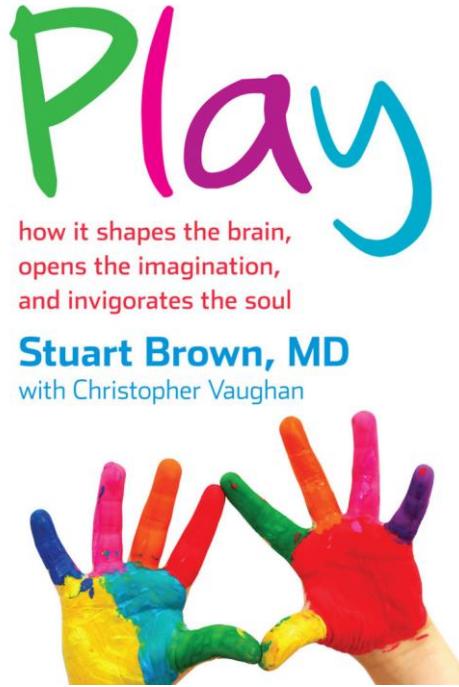


Play has several benefits:

- ✓ 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*



Humans have a deep connection with play



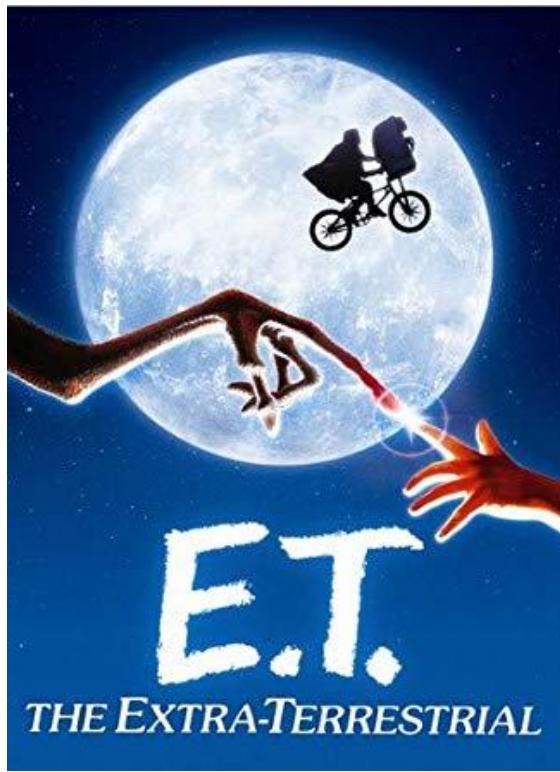
<https://www.youtube.com/watch?v=HHwXIcHcTHc>

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)?

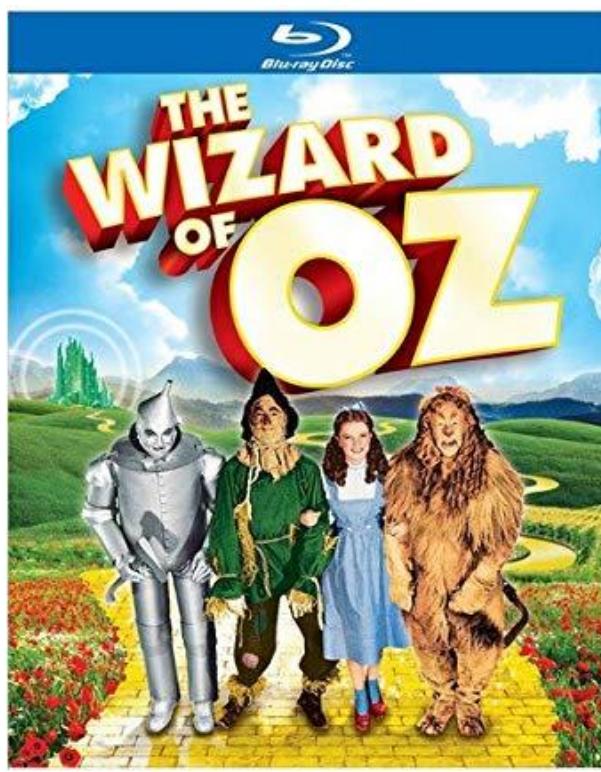
How can we implement play at work?

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

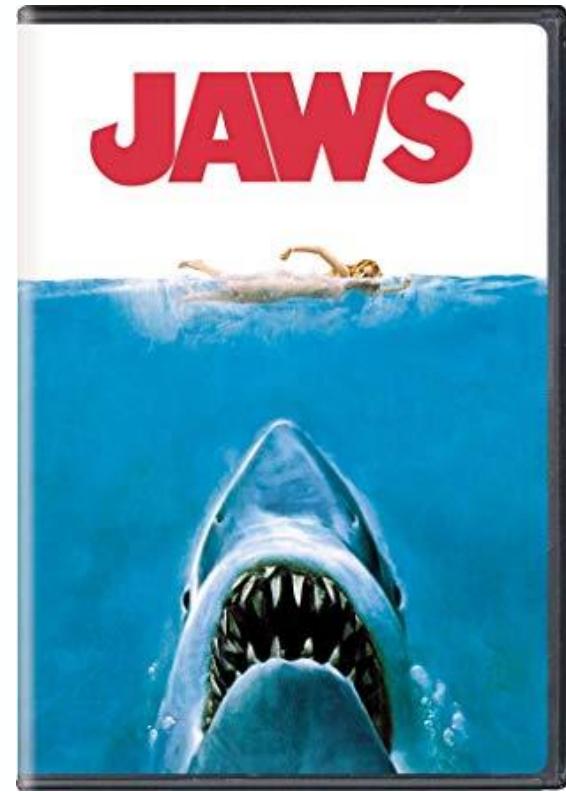




1



2



3

Bailey & French.

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?

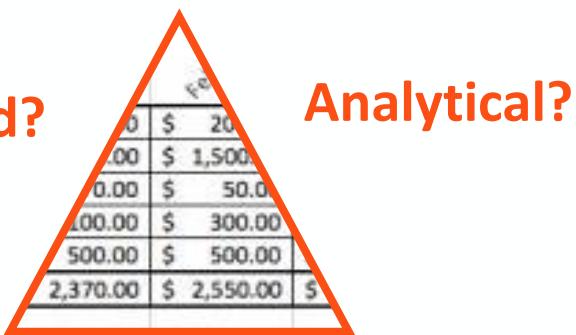
Strategic?

Empathetic?

Creative?



Determined?

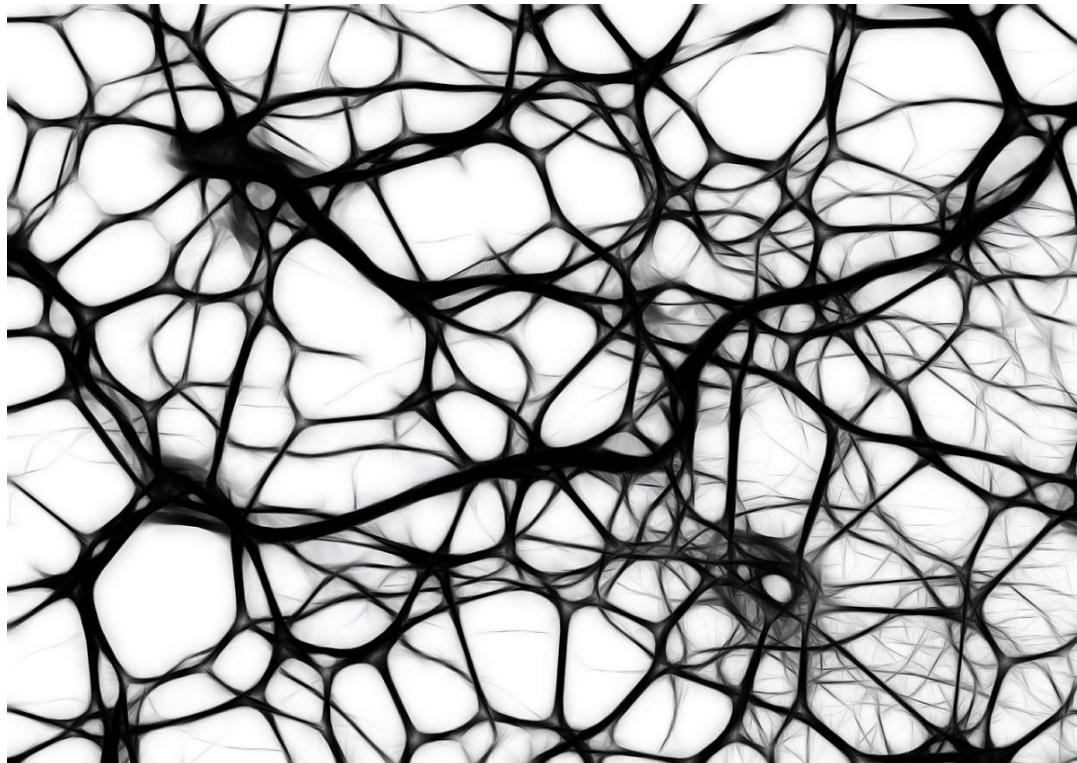


Rigorous?

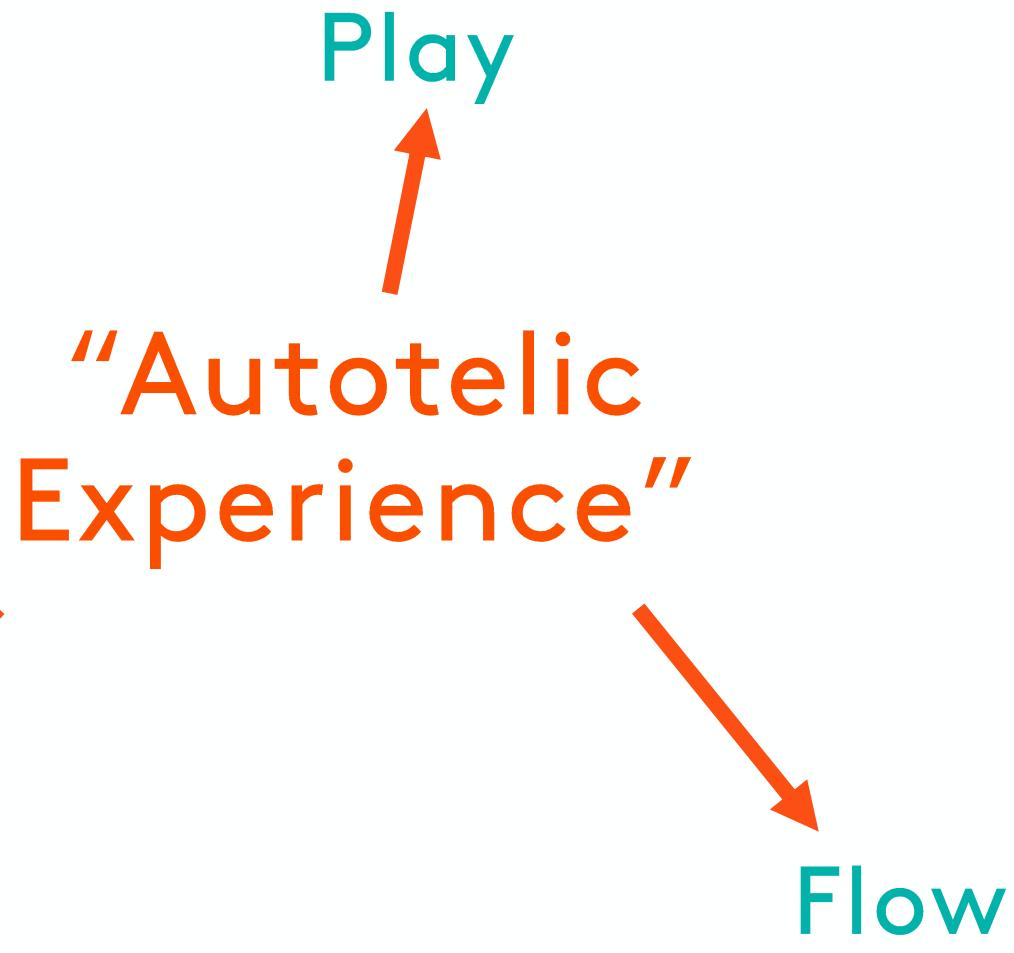
Bailey & French.

How strengths form

Strengths = Problem-solving

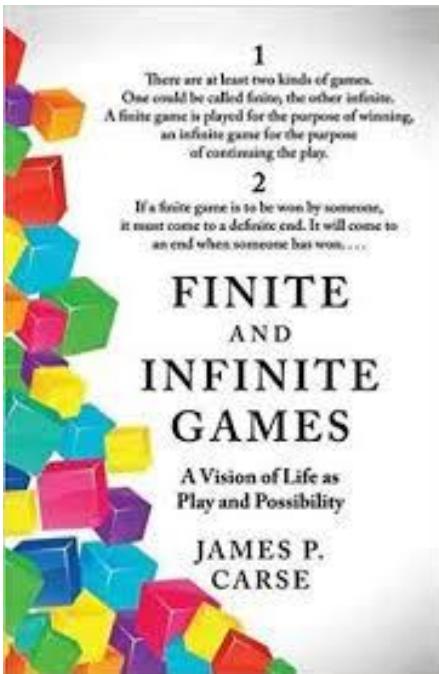


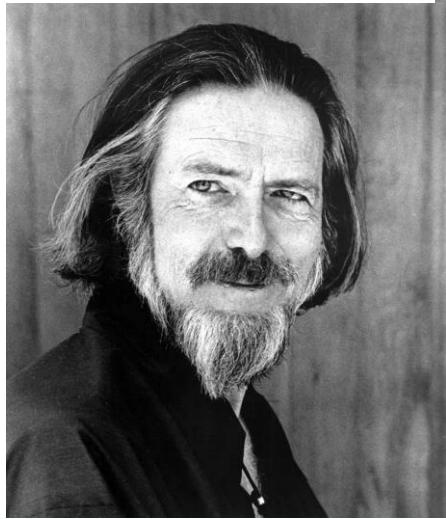
$$\begin{aligned}\log_a(u \cdot v) &= \log_a u + \log_a v \\ \log_a \frac{u}{v} &= \log_a u - \log_a v \\ \log_a u^r &= r \cdot \log_a u \\ \log_a \sqrt[n]{u} &= \frac{1}{n} \log_a u\end{aligned}$$



“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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