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The Enerpace PaceSetter

September 2024: Playing at Work



We Lift Leaders & Teams to Become EXCEPTIONAL Leaders & Teams

Hello Subscriber,

I'm just back from TWO great conferences, and my brain is overflowing with new ideas, tools and wisdom. So, of course, I'm going to share it with you!

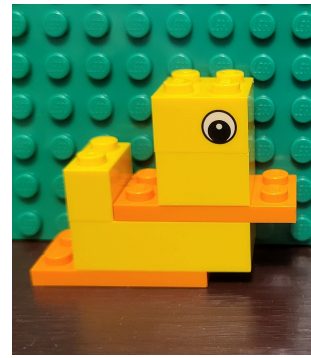
I arrived at my 2nd conference, put on by the International Coaching Federation, already over-full with new content, and dreading a few more days of sitting in session after session trying to take in more. Luckily, the pre-conference workshop energized me enough to fully absorb all the learning to come!

What was the "miracle drug"? PLAY! Yep, we played with Legos® and wrote a song - - all in 3 short hours.

BUSY HANDS & BUSY MINDS

Turns out that Lego has a "Serious Play®" offering. Certified facilitators are trained to use the blocks to increase teamwork and creativity, and enhance business productivity. I learned that my brain cannot focus on the slides when I'm trying to make pieces stick in the arrangement I want! Yet other people have brains that can't focus unless their hands are occupied. We know about 10% of us have been diagnosed with neurodiverse brains. It's assumed, at minimum, there are 10% still undiagnosed. Using Legos can be a game changer to improve attention span and create more unique solutions faster.

We experienced that in the workshop. Free of constraints, we used the blocks to represent an image faster than we could draw it. Does this look like a duck to you? In Serious Play mode, it's a duck if I say it's a duck! It's not about being perfect. It's about using the tool to develop ideas and represent them in new ways.



FLOWING IDEAS

Music was the 2nd tool we played with. In teams, we wrote verses around the conference's theme of "Flow Boldly". Riffing off each other and our prompt words, it was amazing how quickly we moved from a mind map to our final 4 lines. You can hear the finished product [here](#) and I proudly claim co-author credit on the 2nd verse!

PROBLEM SOLVING WITH IMPROV

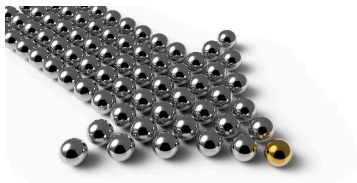
Improv techniques can feel like play, while creating more possible solutions than a typical brainstorming session. I experienced that first hand the next day, as my team used 'yes, and' statements to cascade ideas on how to market a new product. In 5 minutes, with everyone participating, we had at least 30 options. In the 2nd round, we had to play roles – leader, nay-sayer, judge, etc. In the same amount of time, we had only 3 ideas and zero buy-in.

As these ideas illustrate, play is a legitimate tool for creating business results and enhancing teamwork. The articles below share additional ideas for incorporating more play into our personal and professional lives.

Have fun-

Elene

P.S. Check out the 10/17 Chicago event below & join me in learning more improv techniques for better communication and teamwork!



"Almost all creativity involves purposeful play."

Abraham Maslow (1908-1970)

American Psychologist



Leadership Learnings

This is the most important skill you can learn from play

Natalie Nixon, *Fast Company*

Play doesn't just help us enhance business performance and creativity. It also teaches us leadership skills.

[Read More](#)



Enerpace Expert

The Benefits of Play for Adults

Lawrence Robinson, Melinda Smith, M.A., Jeanne Segal, Ph.D. and Jennifer Shubin, *HelpGuide.org*

Play provides health benefits, improves relationships, encourages teamwork and helps us see problems in new ways to find solutions.

Don't miss the tips at the end on how to create more opportunities to play!

[Read More](#)



Upcoming Events & Enerpace News

The Professional Women's Interest Group of the Union League Club of Chicago is hosting *Improv Mindset* on Thursday, October 16th at 5:30 p.m.

Kim Hiller is the founder of The Laughing Academy, where she guides students of all ages in active listening, collaboration, and creativity through improv.

Kim will demonstrate how an "improv mindset" can improve confidence, personal relationships and career success as it improves the ability to communicate and collaborate with other humans.

The evening begins at 5:30 p.m. with informal networking followed by the program from 6:00 to 7:30 p.m. The price is \$45 per person for the program which includes snacks. A signature bar will also be available.

If you're interested in attending, let Elene know at elene@enerpace.com or at 630-832-4399.

ULCC Members Can Register Directly Here

Enerpace has something to celebrate! We now have four Master Certified Coaches (MCC) on our team - and a fifth that is working on the MCC!

Did you know that there are less than 700 in the US and we have FOUR on the Enerpace team?

Meet our Enerpace Team



Enerpace Tool

Serious Play® Legos

Lego.com

Want to try enhancing business performance by "thinking with your hands"? Grab this starter kit and try it out with your team.

YouTube has plenty of videos to get you started, and certified Serious Play® facilitators can design a workshop to meet your business objectives.



Great Books

The Untethered Soul: The Journey Beyond Yourself

by Michael A. Singer

When Bob Burg, author of *The Go-Giver*, was asked for his favorite books, this one was in the top 3. My curiosity was piqued enough to read this during my 4 plane rides to the conferences.

You may be thinking, "What's this got to do with play?". When we're absorbed in play, we ignore the distractions, to-do lists and the mental chatter that keeps us from hearing our own TRUE voice. We are untethered and able to connect to that place where our consciousness resides.

For those of us who struggle to shut our minds off in meditation, play can provide a more

active pathway to move beyond the outer noise.

Order Here

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