

QUICK EXERCISES

TO DO AT YOUR NEXT STAFF MEETING

PAPER, ROCK, SCISSORS, HYPE-MAN



Description:

This is a simple game of Paper, Rock Scissors ("1-2-3, then shoots"). When you win you get to keep playing. If you lose, you automatically have to act as the winner's hype-man, enthusiastically and loudly supporting the winner's grandeur. The winner, new posse in tow, continues onward to find a new opponent. The winner keeps playing and as they win or lose all supporters immediately align their allegiances. Eventually, there will be two remaining winners, who are followed by a VERY loud and enthusiastic posse. At the end of the game there will be one winner, surrounded by nothing but cheering.

Purpose/Use:

This is an exercise in change management and mitigation. It's not easy to lose, calm yourself and immediately start enthusiastically supporting someone else but that's exactly what this exercise practices.

I HEAR YOU, REPEAT

Description:

Two participants have a conversation about their day. After each statement, the listener begins their response by repeating the last statement that was said exactly, before adding their own statement to continue the conversation forward.

(i.e. Person 1: "I went to the grocery store today.")

Person 2: "I went to the grocery store today... I met my husband there."

Person 1: "I met my husband there..."

That's right, because he's a good lookin' slice of meat." etc. etc. etc.)

Purpose/Use:

This exercise works the quintessential roots of listening skills. It forces participants to not only hear what was said before they speak, but also to take the time to process it.

Often we get a thought in our head as to what we are going to say next and consequently forget to listen. This exercise helps us to metaphorically pat our head and rub our tummy at the same time.



I LIKE PEOPLE WHO, LIKE ME

Description:

For this exercise, start everyone in a circle except one volunteer who begins in the middle. The volunteer begins the exercise by saying, "I like people who, like me..." and then filling in the blank with something that they enjoy (i.e. "I like people who, like me, enjoy cheeseburgers."). If that statement applies to an individual standing on the outside circle they must immediately, and safely, rush to find a new place across the circle. The last person remaining in the middle after the rush around, is now our new "I like people" volunteer. The exercise continues until everyone has "volunteered" once.

Purpose/Use:

Bonding Bonding Bonding! After using this exercise, your participants will discover multiple commonalities among their team.



QUICK EXERCISES TO DO AT YOUR NEXT STAFF MEETING

PROBLEM SOLVED

Description:

This exercise can take place in groups of two, in a circle or down a line. However many people you'd like to participate is fine, just make sure that everyone can hear each other. The first person in line says a problem that they are having, to which the next person will offer up a non-sequitur to aid the first person in fixing their problem. The original person then uses that gifted object to solve their problem.

(i.e. 1 - "Oh no, my shoe keeps coming untied."

2 - "I'm sorry to hear that, here, take this seagull."

1 - "Excellent, this seagull loves pulling on shoe laces and will keep my laces taut.)

Person 2 then becomes person 1 and this pattern is repeated utilizing the next person in line.

Purpose/Use:

This is a practice in creativity, acceptance, and adaptability. It doesn't matter what gift is given to solve the problem, it's the exact correct tool to fix the issue. Everytime!



EVEN QUICKER FACTS

In cultures centered around Optimism, the feeling of "high stress at work" drops by 30%

- Harvard Business Review, 2020

Frontline employees taking the initiative to drive change elevates the success of transformations to a whopping 71%.

- McKinsey, 2010

50% of happiness is entirely up to us.

40% is genetic.
10% is having enough food, shelter and safety.

- PositivePsychology, 2010



For more fun visit,

PatDwyerWasTaken.com

... because it was.

