



The Power Of Play & Creativity

Supercharge your curiosity, creativity, and resilience by learning how to playfully experiment at work.

Studies have found that neurologically play is one of the fastest and most effective ways to spark our curiosity, our creativity, our learning, and our resilience.

In this workshop we'll:

- Discover how play supercharges our brains and improves our ability to navigate uncertainty and complexity.
- Learn the three simple steps that make it easy to purposefully play at work – even if you find playing hard.
- Uncover why playing is an essential part of our recovery from stressful experiences.

All of your learning is packaged in a digital playbook featuring an evidence-based wellbeing measure and tools to help you immediately apply what you've learned. In addition, there are follow-up cheat sheets and podcasts with the world's leading researchers if you want to dive deeper into the science.

Pricing depends on your delivery format. Just let us know what you need, and we'll be happy to provide these details for you.

Workshop focus

- Resilience and performance.

Best suited for

- Workplaces, schools, and communities.

Delivery options

- 30-90 minute presentation, in person or virtual

Bonus resources

- Workshop slides, playbook, and podcasts are yours to use internally.

Ready to take the next step? **Talk with our friendly team to plan your workshop today.**