



Play At Work

THE WAY IT IS

In the pursuit of success, we often think of determination, discipline, and strategic thinking. However, there's a fascinating and relatively unexplored aspect of success that has been gaining attention in recent years: **executive playfulness**.

This is a mindset that encourages creativity, exploration, and curiosity within the realm of professional responsibilities. It involves adopting a playful approach to problem-solving, decision-making, and even leadership.



SCIENCE TO EXPLORE

Far from being frivolous, playfulness has a solid foundation in neuroscience; it leverages the brain's capacity to adapt and excel in a dynamic world.

The happy secret to better work | Shawn Achor | TEDxBloomington
https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

How Playfulness Motivates – Putative Looping Effects of Autonomy and Surprise Revealed by Micro-Phenomenological Investigations | Katrin S. Heimann & Andreas Roepstorff
<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01704/full>

3 elements of true fun -- and how to have more of it || Catherine Price
https://www.ted.com/talks/catherine_price_3_elements_of_true_fun_and_how_to_have_more_of_it

HERE IS A TOOL

CATS Cultivate Playfulness:

C - CURIOSITY: Foster a sense of curiosity about your work and industry. Ask questions, challenge assumptions, and explore new ideas.

A - ATMOSPHERE: Allow for brainstorming sessions, playful exercises, and unorthodox approaches to problem-solving. Even better than allowing it, encourage it.

T - TIME OUT: Regular breaks rejuvenate the brain and boost productivity. Use breaks to do things you really enjoy, even if they seem unrelated to your work.

S - SILLY SETBACKS: Reframe failure as a learning opportunity rather than a setback, or better still, find the silly side. A playful mindset helps bounce back from setbacks.

HERE IS THE PRACTICE

During the week, any time things feel like 'work', turn the task into a game: pretend it is a game, race yourself or beat a personal best AND notice your productivity, efficiency and/or energy level.

