

Rediscover Your Play

Jeff Harry
Positive Psychology Play Speaker
Rediscover Your Play



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Attunement



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Attunement



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What We Are Covering Today

**Why Is Play
Important?**

**Identify Our
Play Values**

**Learn The
Connection Between
Play & Flow**

**Rediscover
Your Ultimate
Playground**



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Built The Largest LEGO-Inspired STEM Organization In The U.S.

- Play (No Business Plan)
- Intuition (Picked Fun People)
- Prioritized people over profit
- Followed Our Curiosity
- Focused On Inspiring Staff



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What Is Play?



**Play Is Any Joyful Act
That Has No Specific
Purpose or Result...**

**Where You Are Fully
Immersed In The
Moment**



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What Is Play?



Play Is The Opposite of Perfection.

Play is rooted in curiosity, experimentation, a sense of wonder.



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The Ultimate Playground



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**You'll find the
future where
people are
having fun.**

STEVEN JOHNSON

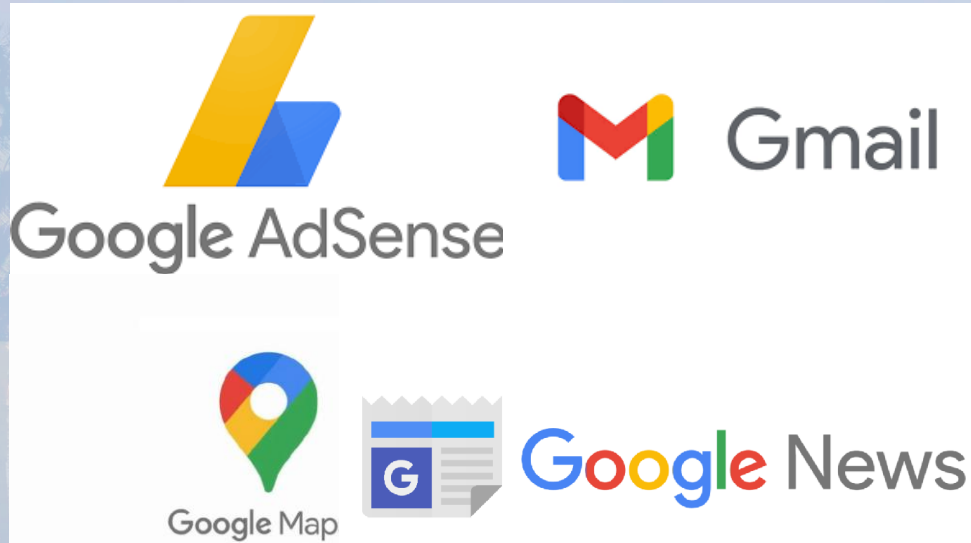


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Google
20%
Time



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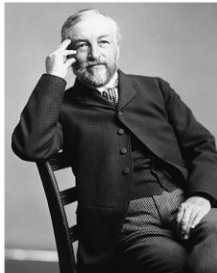
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Play Is Where Innovation Thrives



Vs.

Samuel Pierpoint Langley

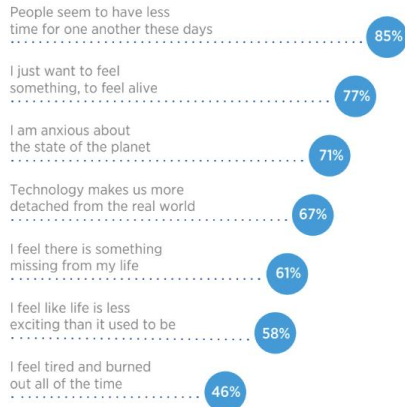


- Competed Against The Wright Brothers To Create The First Flying Apparatus
- Received \$2.5 Million By The War Department
- Had Access To The Top Scientists & Engineers At The Smithsonian
- Quit After 2 Failed Flight Attempts



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People Desire More Joy

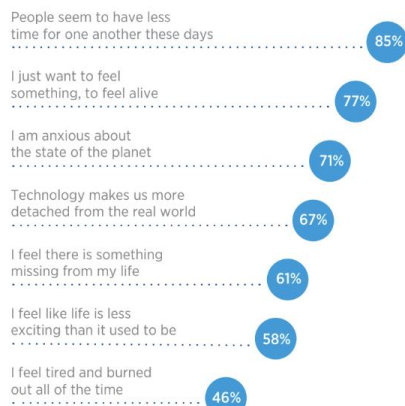


Source: Wunderman Thompson Intelligence.
"The Age of Re-enchantment: Emerging Trends and Opportunities"



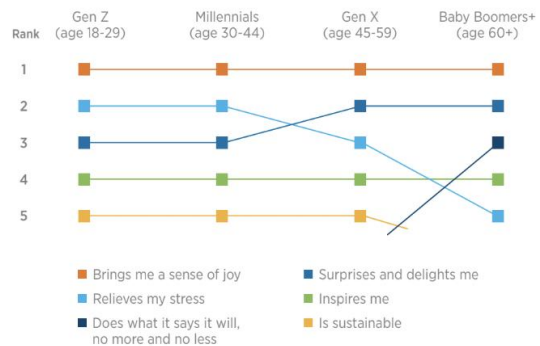
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People Desire More Joy



Source: Wunderman Thompson Intelligence.
"The Age of Re-enchantment: Emerging Trends and Opportunities"

I'd Be More Likely to Purchase a Brand if it ... (top 5 ranking by generation)



Source: Wunderman Thompson Intelligence.
"The Age of Re-enchantment: Emerging Trends and Opportunities"



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Dr. Stuart Brown
The Doctor of Play
National Institute for Play

**“When enough
 people raise play to
 the status it deserves
 in our lives, we will
 find the world a
 better place.”**



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Learn By Playing

**What Was Your Favorite Way
 To Play As A Kid?**

**Why Did You Love To Play
 In That Way?**



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D O S E

DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



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What Is Flow?

“

The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile. Optimal experience is thus something that we make happen. –

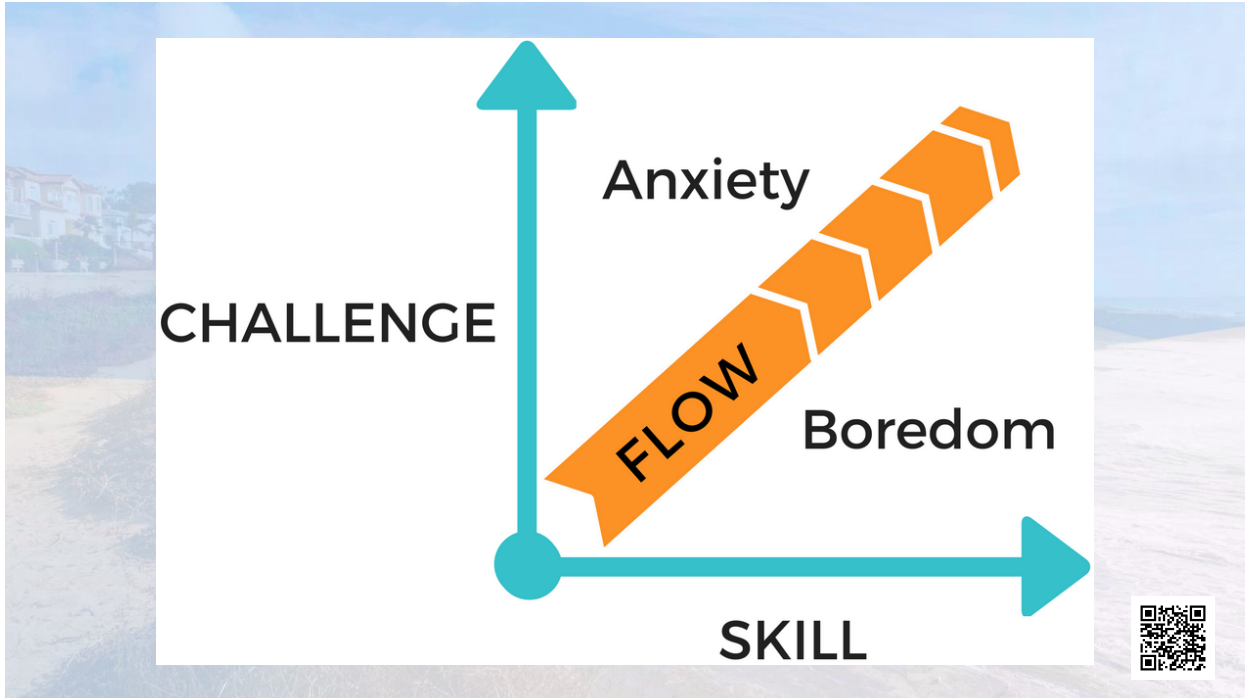
Flow



Dr. Mihaly Csikszentmihalyi



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What Is Your Zone of Genius/Flow?

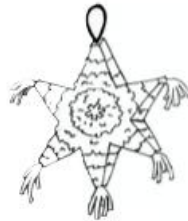
What is the work where you forget about time?

What is the work you would do even if you weren't get paid for it?

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Tap Into Your Flow Play Experiment

Idea Piñata



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Tap Into Your Flow Play Experiment

FILL YOUR IDEA PINATA

- Share your three play values in a group
- Share your favorite way to talk about your business
- Your team will brainstorm ideas based on your play values
- You will just listen and write down all ideas



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Learn By Playing

Share Your Three Play Values

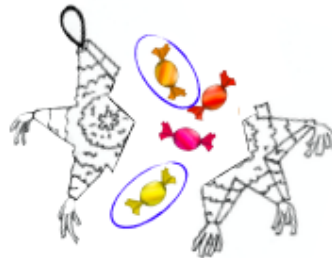
Share Your Favorite Way To
Talk About Your Business



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Tap Into Your Flow Play Experiment

break open your play piñata
and gather your favorites



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Tap Into Your Flow Play Experiment

GATHER YOUR PLAY IDEAS

- Choose your favorite idea that is exciting & doable
- Pick a play buddy to help you make this a reality
- Message that person today



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Power of Play Questions

- How Will You Foster Creativity & Innovation Through Play?
- What Is Your Zone of Genius/Flow Work?
- How Can You Incorporate Your Play Values Into Your Work?
- What Is Your Organization's Ultimate Playground?

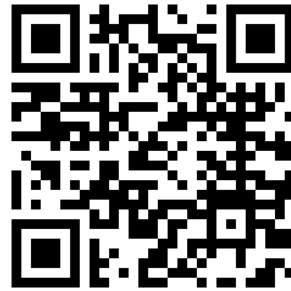


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Thanks So Much For Playing!



**Access To
Studies & Bonus
Gift**



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