

What stories do you have in your head that get in the way of being open to certain people? If you let go of those stories, how might your relationship change? What could you do to Be There more for them?

Name	The story to let go of	What you are willing to do differently?
1.	→	→
2.	→	→
3.	→	→

To be able to notice when others need you, you have to find a way to be fully present. Maybe it means setting aside a little time to really look around you. What are some ways you can help yourself become more present for others—and yourself? What effect might this have on your work? On your life?

What are some ways you will Be There more for your coworkers and customers as well as family, friends and others?

**TIPS**

- Make direct eye contact with people for a whole week!
- Notice what's important to people beyond work. For example, if a colleague displays a picture of family, ask how they are.
- Next time you are listening to someone's idea, suspend what you think you know and get really curious about their thoughts.
- When talking with someone, turn away from the computer or register, or whatever you are working on, and give your full attention to that person.
- Think of one quality your best friend sees in you. Bring even more of that quality to work.

*"Listening is a magnetic and strange thing, a creative force. When we really listen to people there is an alternating current, and this recharges us so that we never get tired of each other. We are constantly being recreated."*  
-BRENDA UELAND

# PLAY

SAMPLE





**PLAY** is tapping into your natural way of being creative and having fun. It allows curiosity and enthusiasm to flow in childlike wonder without being childish. Play is an attitude you can bring to everything you do.

Play encourages creativity and fun through:

**Curiosity.** Play is the spirit that drives the curious mind, as in “Let’s play with that idea!” It unleashes our imaginations as we search for what makes things “tick.”

**Freedom to innovate.** It’s fun trying to find a better or new way when you aren’t worried about being criticized, ridiculed or punished. In Play-full environments, a mistake is acknowledged and valued as a way to learn. It means you were striving, reaching for the goal.

**Freedom to be you.** Play is being secure to be yourself and engage others—not by being cautious or scripted, but being natural, lighthearted, friendly, spontaneous and helpful.

**Trust and the playing field.** When there is mutual agreement about the boundaries of the “playing field” (what’s allowed and/or what is “out of bounds”), everyone feels more confident to create. The more trust, the more the playing field can expand.

**Environment.** How playful and colorful is the physical and emotional space in which you work? Does it feel safe? Does it promote creativity and trust?

What do you love to throw yourself into? When do you feel really alive? You probably are playing! What areas of your work feel heavy or are not enjoyable? What might be possible if you looked at these areas from a place of childlike wonder?

Work area/issue:	What might you do differently if you played with ideas from a place of childlike wonder?

Play and creativity happen when people feel safe to be themselves and to take the risks necessary for learning. What are you doing, or willing to do, to help create a more trusting work environment?

How can you bring more Play into your life?

In what ways might you be more Play-full with your coworkers and customers?

SAMPLE

## TIPS

- Ask a group to brainstorm solutions to something you are stuck on. Make it fun and hold no ideas back!
- Drive to work a new way or go somewhere new for lunch.
- Try a meeting standing up or sitting on the floor—just shake things up a bit.
- Find a buddy or two with whom you agree to share ideas, listen to ideas and support each other in Play!

*“We are most nearly ourselves when we achieve the seriousness of the child at play.”*

—HERACLITUS

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