

5 ways to have more fun at work (and still get the job done)

Lots of things we do at work are considered necessary but are rarely engaging, inspiring, or exciting. Whether you're delivering presentations, holding meetings, or writing emails, you CAN do things differently so that everyone has more fun, gets more involved, and gets better results.

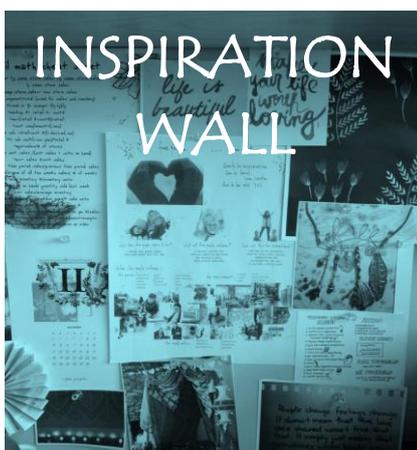
Here are our 5 recommendations. Try them and let us know what happens.



Ditch boring old PowerPoint. Ask for a couple of volunteers to come to the front to help you. Explain that they will be your PowerPresenters and will interpret your presentation using their bodies/facial expressions/mime. State the title of your presentation, point your imaginary controller, and say "click." The PowerPresenters immediately assume an interpretive position. From here on, your PowerPresenters illustrate your words as you click your way through the presentation. At first they may be self-conscious or struggle to work out how to represent your thoughts, but after a few slides, they'll get into the swing of it. Your ideas be powerfully brought to life, and there will be lots of laughter too.

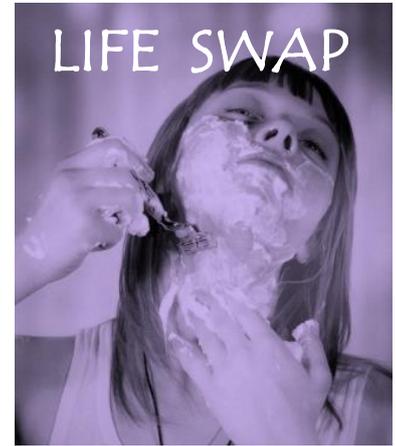
(Thanks to Bernard de Koven at Deep Fun www.deepfun.com)

Don't book a meeting room - get everyone to bring sturdy shoes and a waterproof, and go for a walk instead. Go to a local park, find nearby footpaths, or head for the hills. Wherever you go, your meeting will be more productive and enjoyable, and everyone will feel better. Take a picnic lunch, a thermos, and a blanket for breaks. Have you ever noticed how you get your best ideas when you're out for a walk? Walking is proven to improve our attention, alertness, and ability to shift between different modes of thought. It also lifts our mood and stimulates our senses, which helps to boost creativity and problem solving.



Allocate an office wall as sharing space, like a physical Facebook "wall" or Pinterest board. Make it colourful and visual. Put up giant pinboards and encourage people to express how they feel, share ideas, post notices, and add images, thoughts, inspiring quotes, doodles or anything else they want to share. Keep a big pot of chunky colourful pens and coloured paper, post-its, magazines etc nearby. You could even ask people to say something about the company/their team by posting drawings or collages representing the company or different teams. Or have a day where no-one is allowed to send emails to each other and everyone has to communicate visually via the Wall.

Break down silo working and promote mutual understanding between individuals and teams. Hold life swap days where people are paired up and then not only swap jobs for the day, but they also swap clothes, shoes, desks, routines, eating what the other person would normally have for lunch, hanging out with the other person's friends at work, and even going home to each others' houses at the end of the day. See how it feels to live someone else's life for the day, then pair up afterwards to discuss their experiences and share what they have learnt. There should be fun and laughter along the way as well as serious learning and improved understanding.



Bring a bit of love into the workplace – break down barriers and promote caring and sharing. Start the week (or the day, or the meeting) with a human spiral and group hug. Get everyone to stand in a circle holding hands, then break the circle at one point by having two people let go of each other's hands. Starting at one end, the group then coils up, much like rolling up a tube of paper, so that they form a human spiral. Encourage everyone to coil as tightly as they can. When the spiral is complete, everyone huddles in together for a mass "group hug" and then the spiral unrolls, starting from the outside, until they are back in a circle again. Click [here](#) for a video demonstration.

These are some of our ideas and we hope you have fun with them. Do share your own ideas with us – what do you do to make work more fun, loving and creative? Tell us and we'll collect them all together as a compilation and send you a copy.

For more help bringing fun and creativity to your workplace, or to find out about our training and employee wellbeing services, contact:

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