

Lifted!

Goal

The team values the importance of their role to the business and builds momentum of action.

Equipment

Post It Notes, flipchart, blue tac

Timing

30 minutes

Context

This activity encourages people to understand the impact of their own feelings on the job that they do. It promotes the idea of acting constructively to get into the right frame of mind every day.

Process

- Take no more than two minutes to outline to your team what your focus and goals are for the coming year. Remember to use colourful language, positive and energetic tone and be very clear about these aspirations.
- Divide the group into two teams.
- Tell the teams that they are going to explore the way in which they work to ensure they can hit these goals.
- Ask the teams to spend 10 minutes preparing a 30 second Radio Newsflash.
- One group's subject is 'what could happen here if we did not fulfil our role' and the other group 'what could happen here if we had a perfect day'.
- Get the participants to perform the adverts for each other. Review the great points that they brought out
- Use one wall of the room you are in. Blue tac a piece of A4 paper with the words 'nightmare scenario' on it and put it at one end of the wall. Now do the same thing with the word 'perfection' and put it on the other end of the wall.
- Ask participants to use the wall as a graph and stand where they think we would be in between the two using our current practices to achieve the goals outlined earlier.
- Then ask the team to think of three things that they could do that would allow them to move a bit closer to perfection. Get everyone to write down each thing on a separate Post It Note® and walk over and stick it on the wall where they think it will get them to.
- Review the wall chart focusing on similarities and differences; discuss the effect of their mood on the way they do their job. Highlight that it is not just what they do but the way they do it.
- Conclude the session by building in team commitments that will support the achievement of your goals in the coming 6 months

Feedback and Discussion

- What stops us from doing the things that builds success?
- How does having a positive upbeat nature make us feel?
- What impact will it have on the customer and us?
- What can we do to support each other when the going gets tough?
- How can we remind ourselves of this commitment?