

Work Smarter, Play Together

Building Resilience and Connection at Work



Ashley DePaulis, MPH
Resilience & Play Specialist
Embodied Success

Power Play

Why Play is a Game-Changer at Work

- Play isn't just for kids—it's how we build trust, adapt to change, and spark creativity.
- Play as a leadership tool: Enhancing resilience, innovation, and teamwork.

Why Play Matters (The Science!)

According to the American Institute of Stress, activities that engage both mind and body—like play—can decrease stress by up to 68%.

Companies that encourage play see a 20% boost in innovation & problem-solving.

Play rewires your brain for resilience, creativity, and connection—things that matter more than ever in both your personal and professional life.

Traditional vs. Playful Problem-Solving



Traditional Problem-Solving at Work

- Rigid & Analytical: Sticking to what's always been done.
- Pressure-Driven: The focus is on efficiency over creativity.
- Fear-Based: Mistakes are seen as failures.
- Results: People feel stuck, disconnected, and drained.

Playful Problem-Solving at Work

- Curious & Open-Minded: Encourages fresh perspectives.
- Exploratory & Fun: Reduces stress and sparks new ideas.
- Embraces Mistakes: Failure is part of learning.
- Results: People feel energized, connected, and innovative.

Today's Field of Play

— 'What If' Game

We'll problem-solve a workplace challenge using play — curiosity & imagination.

Rules:

- 1** Break into small groups and pick a challenge.
- 2** Ask "What if...?" and go big, bold, and wild!
- 3** Build on each other's ideas—the wilder, the better!
- 4** No pressure to find a solution—just explore!
- 5** When we come back, we'll pull out the practical gold together.

Example: "What if every meeting started with a dance move?"

Activity – Let's Play!

Workplace Challenges to Choose From

✓ Team communication is messy or unclear

✓ People are feeling burnt out and disengaged

✓ Meetings are unproductive and too long

Which one do you see in your workplace? Play with it!

Group Reflection

– Power Play Takeaway

- ◆ Share the Best, Funniest, or Most Interesting Idea
- ◆ Let's Find the Practical Gold – How could this apply to real work challenges?
- ◆ What's One Playful Shift You Can Try at Work Next Week?

Play Can Transform Work

- ✓ Play isn't just fun—it unlocks new solutions, fuels connection, and builds resilience.
- ✓ Challenge: Next time work feels stuck, ask “What if...?” or apply one of today's golden solutions.
- ✓ Work doesn't have to be serious to be productive. Play with possibility.

Stay Playful!

And remember, you can't spell
resilience without **SILI!**

GET IN TOUCH

