

Habits & Hacks

Habits and Hacks involve team mates bringing forward ideas or suggestions that they recently tried or learnt, or have been using for a long time, that they feel the team would benefit from implementing.

We often fail to leverage the collective knowledge in the room. This activity is especially useful for newcomers, or newly formed teams. Done correctly, this could tackle ineffective ways of working. This activity encourages each member of the team to add their voice. When we add our opinion, we are essentially adding value. Similarly, when the team listens generously and asks follow up questions, we feel heard.

HOW TO USE HABITS & HACKS

- The team should take turns each week to contribute a suggestion - a habit or hack that works for them.
- Spend 5-10 minutes discussing it in an effort to understand why it works.
- Examples of suggestions may include:
 - Start the morning with a one-minute meditation
 - Set a reminder to take water breaks
 - Try this recipe
- Suggestions can be silly or serious.
- It is recommended that the team is assigned days to bring forward their ideas. This will assist the more reflective personality who prefers to plan before speaking.