

A 30 MINUTE LUNCHTIME TEAM WORKOUT

Often your design and innovation teams can be too busy dealing with day-to-day projects, that little time is given to celebrate your strengths and how to improve your team's fitness. The 30 Minute Lunchtime Workout provides a reflective moment for your team to stop and think about what makes your team strong and where you could strengthen their creative practices. This result in revealing a big question that your team wishes to jointly explore, to make their practices more effective for themselves, clients and company.

WORKOUT PLAN

The workout requires 5 team members, a timer and the 'workshop plan' printed out in A3! or bigger! Good luck and have fun!

STEP 1 Share (10 mins)

Use the Venn diagram to map your team's big questions.

Big questions examples

- 'Our team as grown rapidly, what should our process be now?'
- 'How do we improve our practices to stay relevant to industry?'
- 'How do we work better alongside our clients?'
- 'We have reduced our team, how can we develop an entrepreneurial spirit and be flexible?'

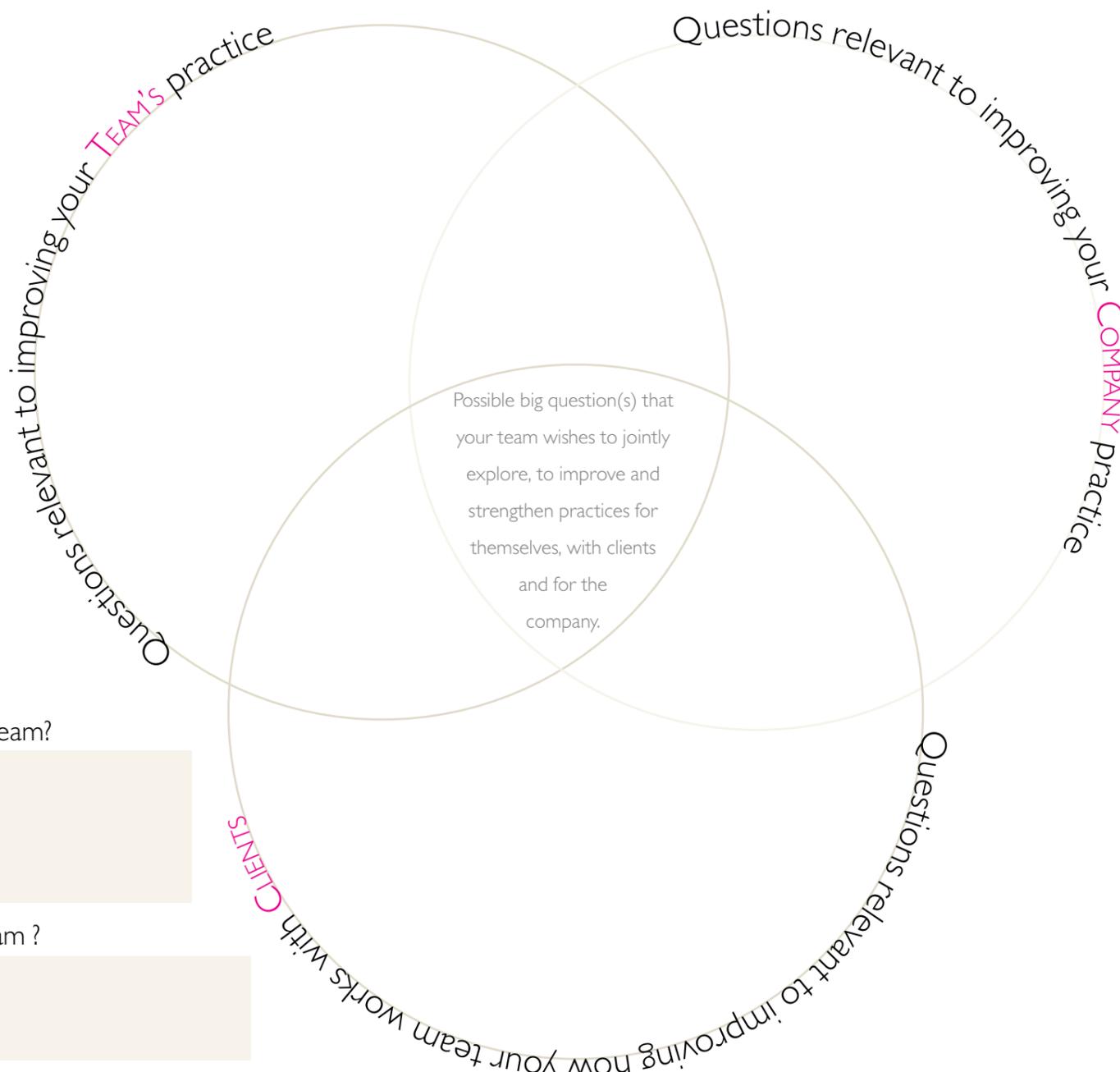
STEP 2 Analysis (10 mins)

Step back from the Venn diagram and share...

A. What are our team strengths?
When do we feel strongest as a team?

B. When do we feel weak as a team ?

C. Where can we improve and grow?



STEP 3 Decide (10 mins)

Decide and place your BIGGEST question here!!

The Next Steps

You now have a choice how to answer your team's big question:

- A. As a team you are now focused on what is important and you are confident to make the relevant changes, OR
- B. You feel you need more time as a team to reflect with outside help. As step two of The Design Doctors process, we can provide a health check or advice on the possible directions to explore. To gain outside help, Direct Message the designdoctorsEU with a picture of your workout and we will get back to you within 48 hr with our advice and recommendation.

The Health Checks

Our health checks provide a reflective creative space to respond to your big questions. The '4-hour Health Check LITE' programme is used to celebrate your team success and strengthen your current processes. If your organisation is moving in a new direction — or has grown suddenly — we can offer 'Health Check Deep Dive', to align everyone on what the future looks and feels like.

'HEALTH CHECK DEEP DIVE'

- 1 EXPLORE AND ALIGN ON AREAS FOR CELEBRATION AND IMPROVEMENT, USING CREATIVE PROMPTS.
- 2 PROTOTYPE FUTURE REALITIES, USING CREATIVE PROMPTS.
- 3 REFLECT AND DEFINE WAYS FORWARD.