WELLNESS ROUNDS

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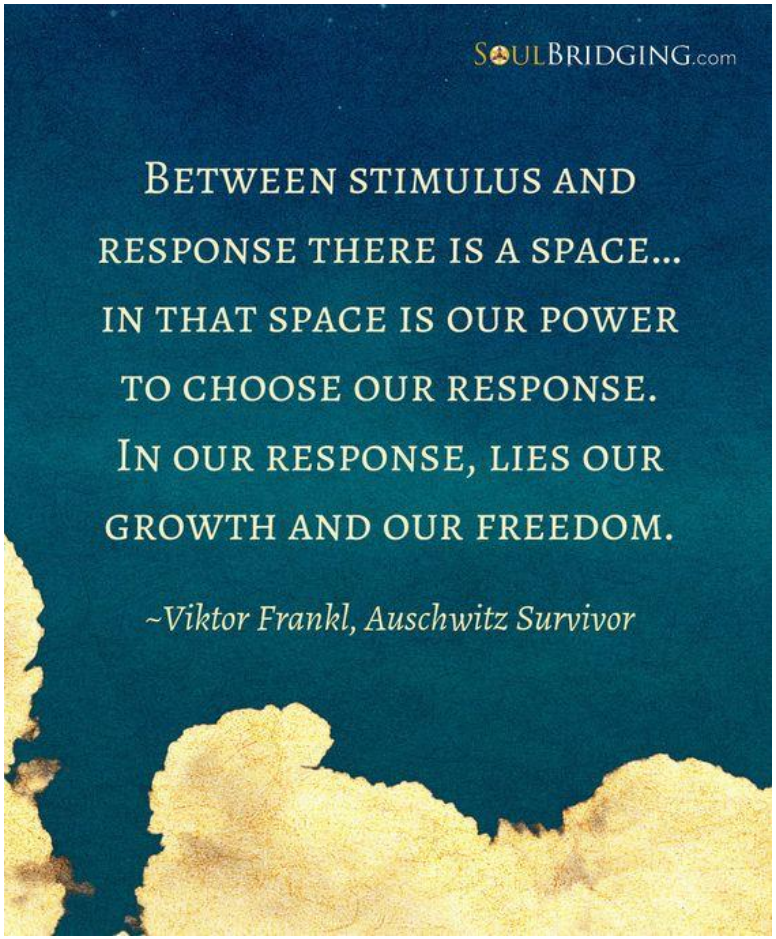
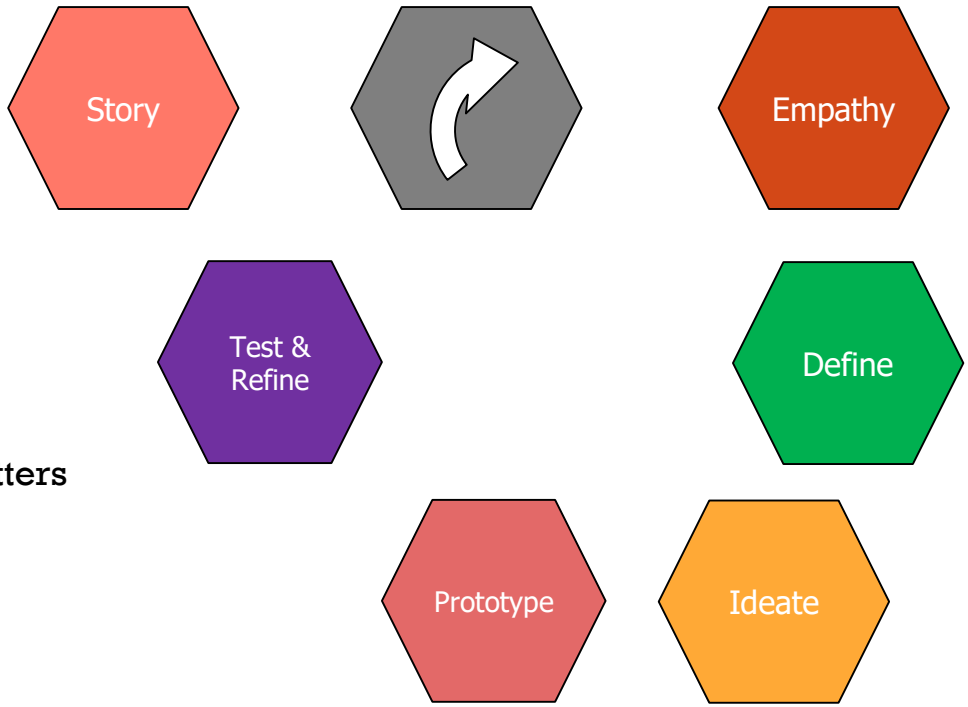
INTRODUCTION



DESIGN THINKING

"A set of principles collectively known as design thinking- *empathy with users*, a *discipline of prototyping*, and *tolerance for failure* chief among them- is the best tool we have for creating those kinds of interactions and developing a *responsive, flexible organizational culture*."- Jon Kolko

Kolko, J. (2015). Design thinking comes of age. *Harvard Business Review*.



Who

you're solving for

Why

your work matters

What

their needs are

How

you'll solve them

IDEO BRAINSTORMING TIPS

- Defer judgement
- Encourage wild ideas
- Build on the ideas of others
- Stay focused on the topic
- One conversation at a time
- Be visual
- Go for quantity

CREATIVE WARM-UP:
1 MINUTE STORY

STEP 1: BRAINSTORM (5 MIN)

- Identify a recorder at your table who can take notes on the post-it notes on the table.
- Brainstorm as a group:
  - **What are the biggest contributors of the stressor you selected?**

"When we talk about storytelling, it's about using this skill as a vehicle for change: It is a way to help connect meaning to information, to create connections between yourself and your audience, to shift people's thinking by tapping into empathy and emotion, and to make abstract concepts real and tangible."

-TD4Ed

STEP 2: THEME IDENTIFICATION (5 MIN)

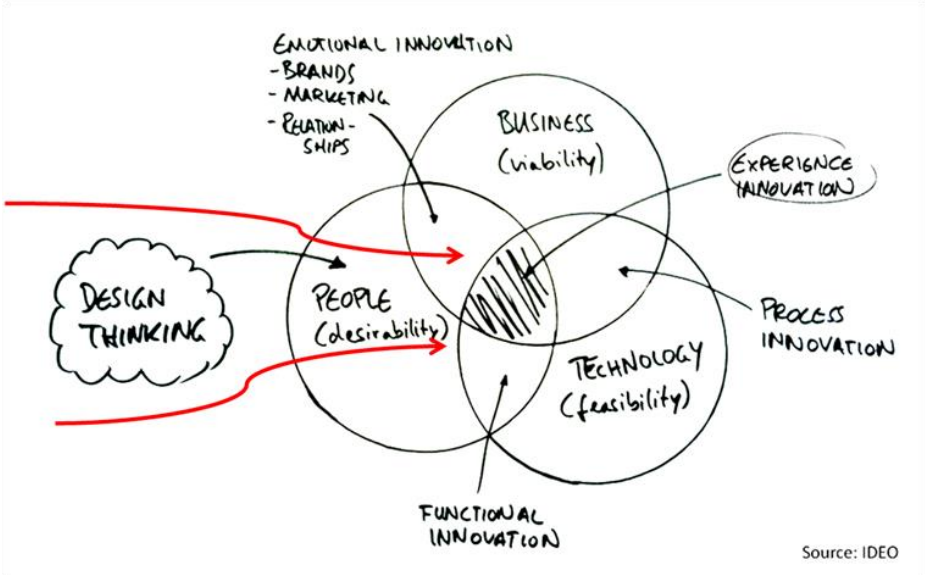
- Organize post-it notes from the brainstorming session into your key themes.
- Group the post-it notes together and write the themes on the paper.

STEP 3: IDEATION SESSION (10 MIN)

- Reflect on the stories and themes your table discussed.
- Write as many solutions on post-it notes as you can.
  - Brainstorm solutions for your table's driver. Write them on post-it notes and place them on the paper.
  - Think big! Generate! Don't Evaluate!

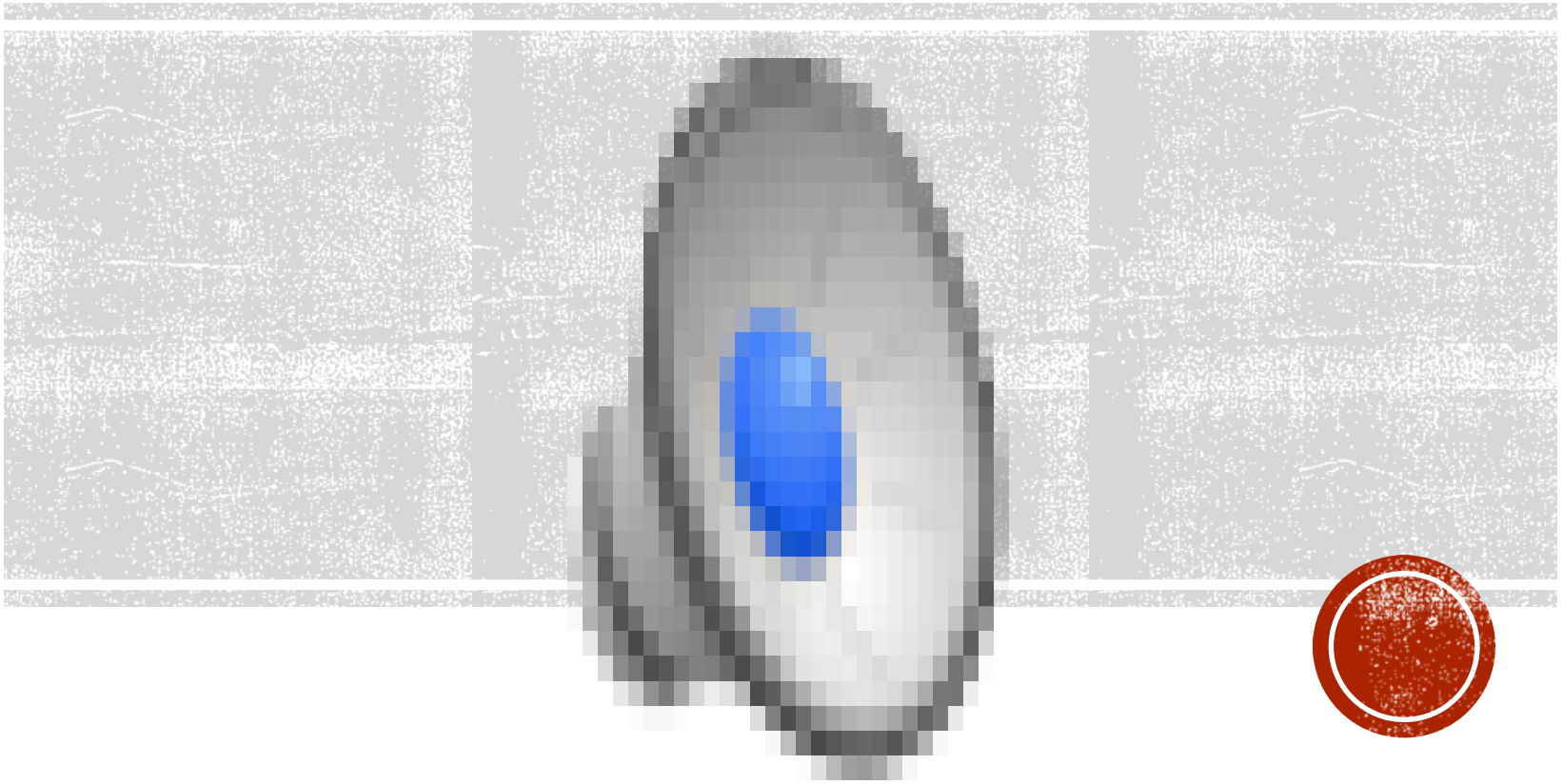
STEP 4: PROTOTYPE (15 MIN)

- As a group, talk through the proposed solutions and create a recommended solution to your driver of burnout.
- Things to consider:
  - What are the key themes from the ideation session?
  - What constraints should be considered?



STEP 5

- Prototype Pitch:
  - Provide a 1 minute pitch of your group's recommendation.

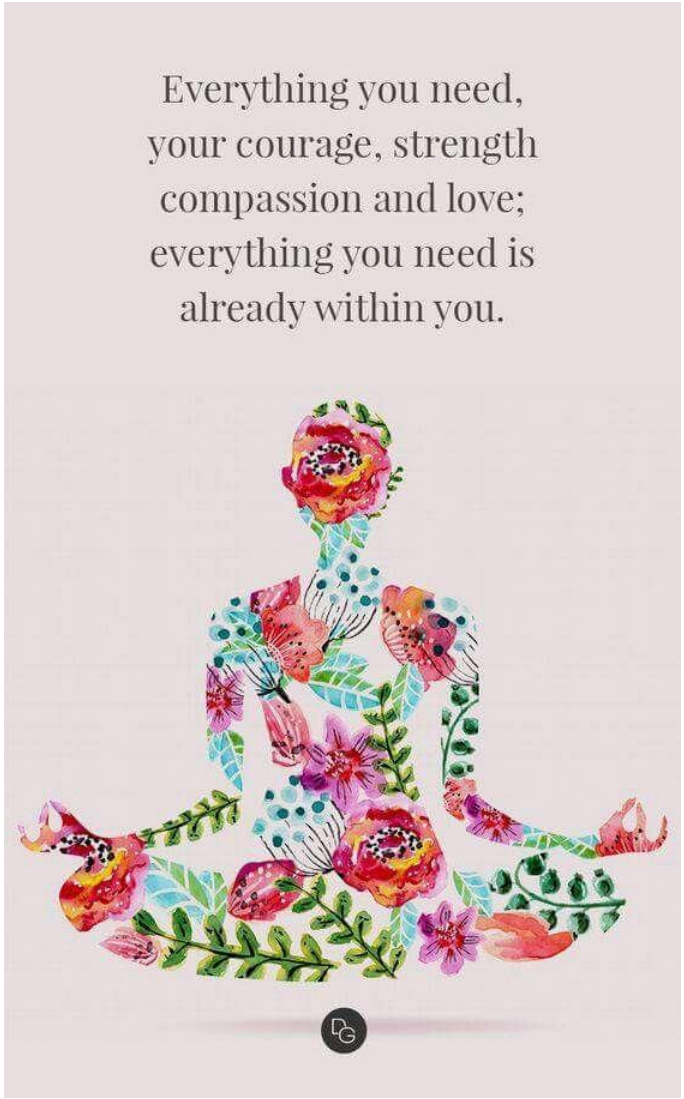


THANK YOU NOTES

REFLECTION

"The first thing you have to know is *yourself*."
-Adam Smith

MEDITATION


Everything you need,
your courage, strength
compassion and love;
everything you need is
already within you.