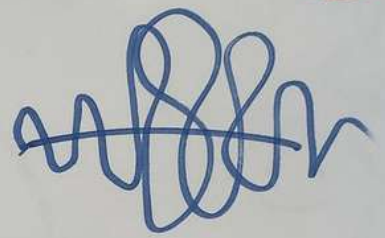


Welcome: Starwell! ① ☺

Team	Hobby
Angie: <u>Support</u>	Cycling - Bmc.
Meg: <u>Safe</u>	Coffee!
(Emily) - <u>Feedback!</u>	Wedding
- Complimented each other	Gym Eating
- All: Brent!	Kicking balls with son!
- <u>Diversity</u>	Bee Keeping
- Carol: <u>Enjoyment</u>	Farming Fishing
Interesting, <u>Happiness</u>	Travelling & Food!
- <u>Grounding</u> (Food)	
- AJ: <u>Open & honest</u> - See	
<u>Potential</u> dealt with adversity	
Ken: <u>Calm & solution focused</u>	
Dave: <u>Mentor</u>	
- <u>Calm + intent</u>	
Jane: <u>Saw the best</u> / <u>Support</u>	

2

"Happiness :



- Just makes

Leading easier

- Demonstrate → Being happy
Authentic

- Mood is contagious

Bias

- Tone

- Intent

+ Presume +
intent

3

90%

96%

A

B

Prioritising

B

V

E

Safe

10.50
1.8.9

32 31 30

9 31 31

33 33 34

'Slow Down'

Thinking

on emotion

✓ Lose your power

~~Credible~~

Team

Ygr

Social

2105

A

A

R

R

④

6

6

8

4

87

5

1



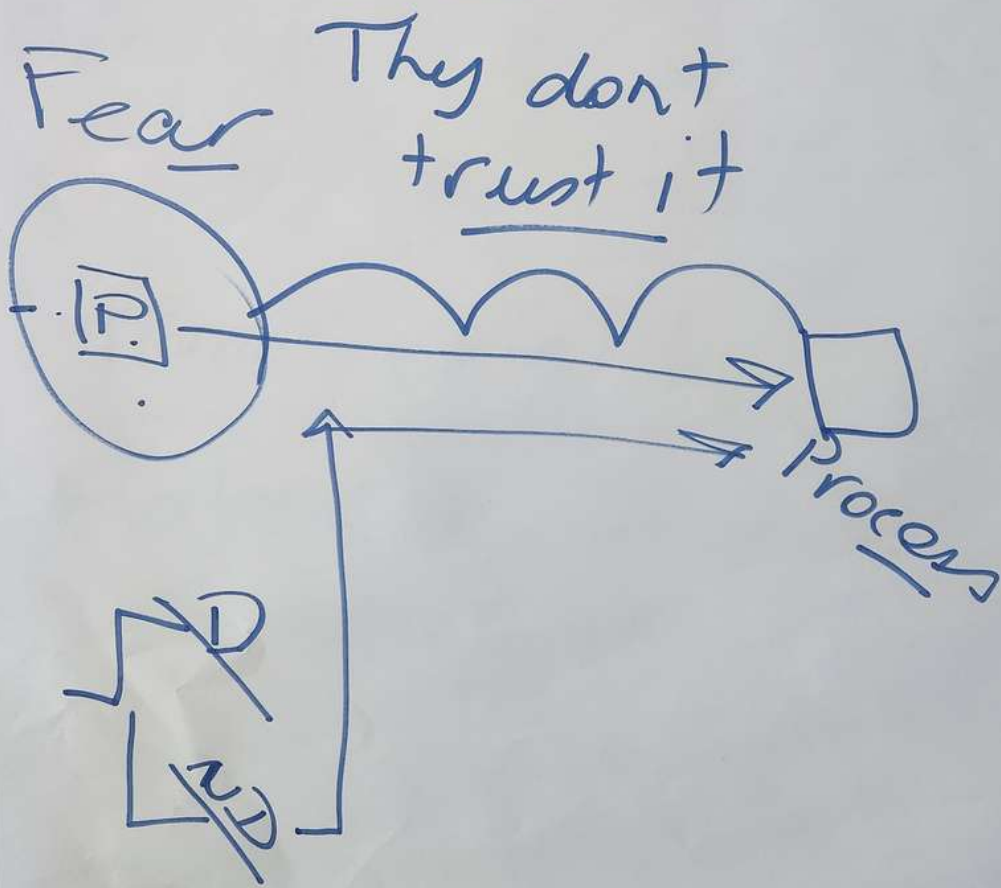
5

- Helpful me understand the group
- Saw others' strengths.
- Blind spots in diversity
- Common language
 - (Values alignment
- Acceptance + understanding, through a different lens.
- Reminder - everyone different
 - Being true to ourselves
 - Conformance - public
 - — Be you in private
 - Not about me, process!

BLAME!

6

"Play the Problem, not the person"



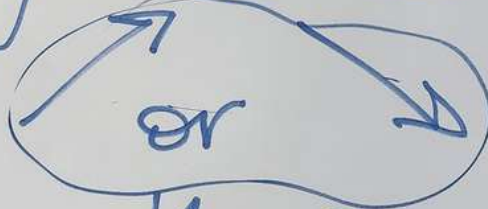
Jenga: Learnings

⑦

* Slow thinking takes

(effort + " (time) 3/5/7/9
manage your energy

* People change & causes
tension to



* Stress on others?

* Promotions @ top!

* Takes time to develop
strategy

Flow

3 Speed 1

8

Tower: Learnings

- Re-enforce
- Support each other under stress

- Stay calm!

- "Have a Plan B"

- Ok not to be perfect!

- Be flexible

80% 20%

2



Blind spots:

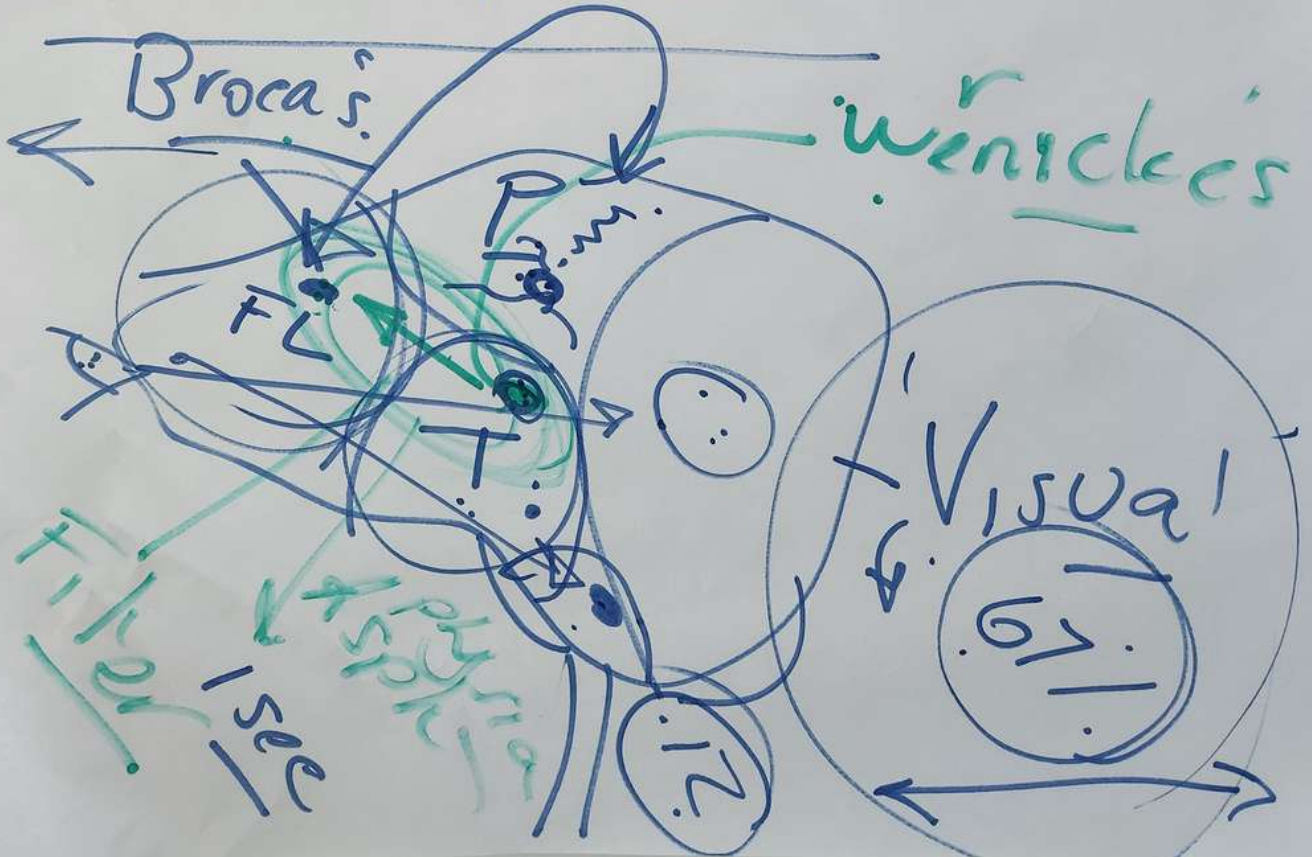
• Team.

- Miss something

V_s :

Fill in the gaps

- Ladder of inference



T. 1990

2012
1.2.12
2/12

5

+ - 2

~~Pick~~

~~Needle~~

Nurse

- Thread

- Sewing

- Sharp

- Thimble

- Injection

- Haystack

7
Units

2.57

10

9
Haystack

Pin

Pain

Point

Eye

Hurt

Pickool

①

5

7

6

9

12

7

7

5

7

9

10

10

10

8

10

2.57

33



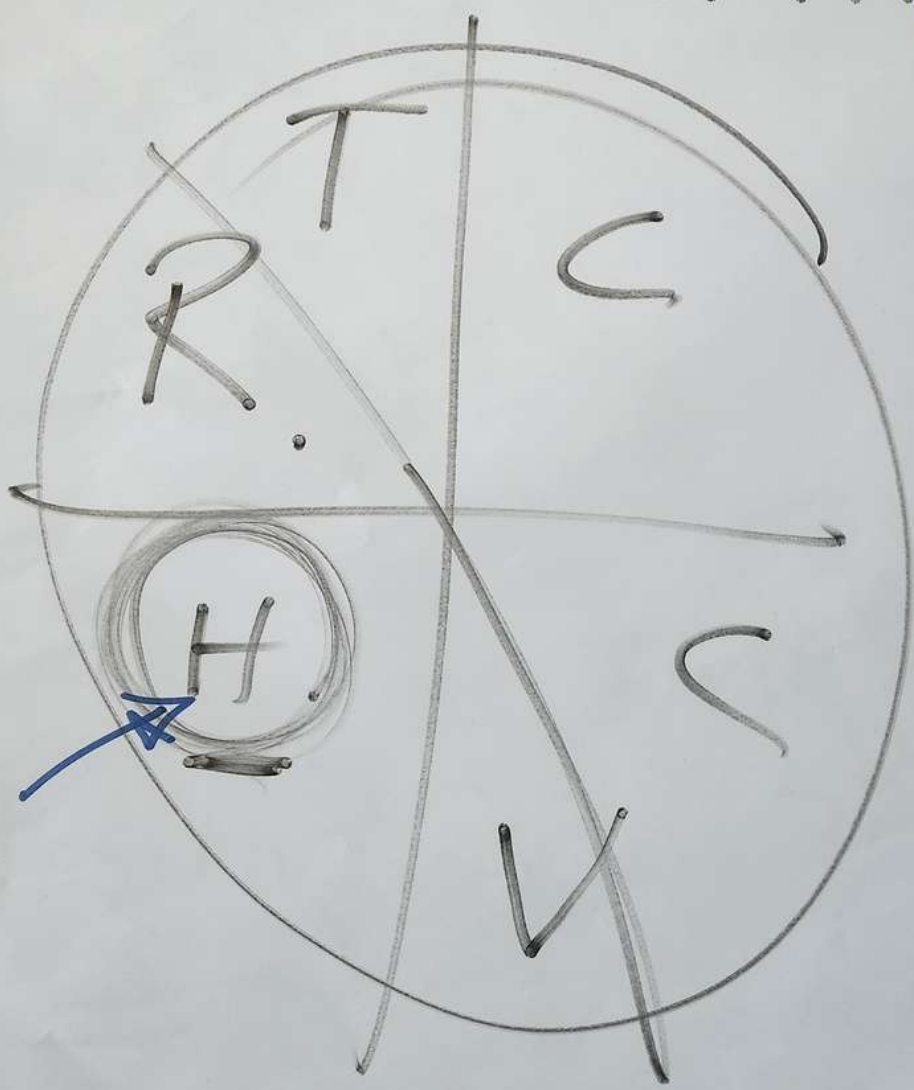
40 - 60 60 - 80



Athletic Normal

11

90 BPM



12

- Growth
- Fun! (Less)
- Resetting
- Needed!
- Insightful
- Engaging
- Positive
- Timely



Sugar

Thanks
Stanwell!
Anton '23