

Reviewing Your Year To Date With LEGO® SERIOUS PLAY® by Jennie Cashman Wilson

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00:00:02.740 --> 00:00:11.070

Jennie CW: Hello! Welcome to reviewing your year to date, using the Lego series. Play method by me, Jenny Cashman Wilson.

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00:00:11.960 --> 00:00:15.820

Jennie CW: so I help people to achieve serious outcomes

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00:00:16.050 --> 00:00:17.080

Jennie CW: playfully.

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00:00:18.700 --> 00:00:31.680

Jennie CW: so I offer playful facilitation using techniques like Lego, serious play which we're gonna do a bit of today. I work with organizations. I help teams reconnect, innovate, and communicate better through playful facilitation.

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00:00:32.509 --> 00:00:43.759

Jennie CW: I also offer creative coaching and wellbeing, so I coach purpose, driven creatives and entrepreneurs to find clarity and balance and help them to build sustainable careers.

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00:00:44.450 --> 00:01:06.030

Jennie CW: I'm a children's author of True story, becoming brave, which means I also work in primary education. So I have a workshop and an assembly that I deliver in schools that accompany my book, becoming brave for 4 to 8 year olds that help them to explore their feelings around courage and fear and loss. So building emotional intelligence and resilience.

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00:01:07.310 --> 00:01:12.624

Jennie CW: So this is what we're gonna cover today, we're gonna do a warm up. So we're gonna get

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00:01:13.100 --> 00:01:20.659

Jennie CW: gonna get our hands moving. And then we're gonna review your year of work to date using Lego or random objects. If you don't have Lego.

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00:01:21.280 --> 00:01:30.619

Jennie CW: So this is what you'll need 3 or 4 handfuls of Lego. I'm just gonna move my screen down so you can see what I've got.

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00:01:31.260 --> 00:01:35.200

Jennie CW: There you go. It's not even. I wouldn't even say it's like

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00:01:35.710 --> 00:01:38.450

Jennie CW: that much, you know. It's probably like

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00:01:41.570 --> 00:02:04.349

Jennie CW: 2 2 of these and I've got quite small hands, maybe 3, so you don't need very much, and then if you don't have Lego, it's totally fine. You can use random objects instead. We're basically using the Lego to help create stories and act as metaphors. So random objects work just as well. And then a pen and paper.

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00:02:05.840 --> 00:02:10.470

Jennie CW: Okay, so how do you feel about playing

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00:02:10.990 --> 00:02:18.480

Jennie CW: good question? I think. Just because I find that on the whole, adults are

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00:02:19.320 --> 00:02:35.809

Jennie CW: not the like keenest when it comes to playing so I think you know, we spend an awful lot of time. Being quite static. Staring at our screens. And not really engaging in any kind of play.

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00:02:36.087 --> 00:02:51.900

Jennie CW: What we're going to do today is structured play. But there are different types of play. There is structured play like Lego, or, you know, playing a sport, and there is unstructured play where you're just kind of free forming so that could be like noodling on an instrument, for example, that would be considered free play.

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00:02:52.190 --> 00:03:01.229

Jennie CW: or like experimenting with a new, a new dish, a new recipe. And you're kind of making it up as you go along. That would be unstructured. Play, I would say.

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00:03:02.100 --> 00:03:03.780

Jennie CW: So moving on.

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00:03:05.090 --> 00:03:10.700

Jennie CW: There is a lot of research, now, backed by scientific evidence that shows that play can increase learning.

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00:03:10.780 --> 00:03:29.689

Jennie CW: it can increase creativity, it can increase social engagement, and it can increase wellbeing. All of these things are really important to us as humans and our development. So there's been a couple of reports that have come out recently, one by Gallup.

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00:03:29.690 --> 00:03:56.380

Jennie CW: and one by the mind gym, and basically nearly 80% of all employees around the world. I mean, this is the Gallup report is a they survey about 120,000 people every year. So they've surveyed over about 2 million people now since they started doing this report. It's an annual report, anyway, back to the point, nearly 80% of people feel disengaged at work, one in 5. People feel lonely because of

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00:03:56.937 --> 00:04:07.009

Jennie CW: remote working. And there's a real kind of, I think, lack of creativity, ideas, innovation. That is, I would say, probably

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00:04:07.160 --> 00:04:30.310

Jennie CW: almost entirely down to the fact that people are feeling really disengaged and quite quitting. And the reason they're quite quitting is because they're really stressed and they're burnt out and and so play is really something that can help with that. It can help with getting us to a place of groundedness, getting us to a place of engagement, of connection, of joy. Because, you know, play is fun.

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00:04:30.710 --> 00:04:51.419

Jennie CW: It also reduces stress so kind of connected to the wellbeing point, and it plays no pun intended an essential role in fueling our happiness and intelligence throughout our lives. So the most intelligent species play dolphins play. You see, dolphins playing all the time. The most intelligent bear is

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00:04:51.420 --> 00:05:06.600

Jennie CW: is the one that plays the most right. It's really, really important to humans that we play. And yet I think because of technology and the way that technology has gone, we are playing less and less in the way that we are meant to, which is.

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00:05:06.840 --> 00:05:17.542

Jennie CW: which is in a creative way, and in a way where we interact with people. And we're connecting with people. And we're Yeah, we're allowed. We're not numbing ourselves. We're very much present and

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00:05:17.940 --> 00:05:19.780

Jennie CW: and mindful when we're doing it.

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00:05:20.140 --> 00:05:41.899

Jennie CW: So why, Lego? Well, the Lego Serious play method was developed by people at Lego, and now it's open source and has been for quite a long time. Now, it basically helps turn off your thinking brain, and it encourages you to think with your hands. And in doing so it makes big ideas or challenges much more accessible.

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00:05:42.350 --> 00:05:54.710

Jennie CW: So by using the books as a medium for building, storytelling and metaphors, this method enables you to gain clarity on complex problems, or even simpler tasks, like reviewing the year so far, which is what we're going to do today.

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00:05:55.307 --> 00:06:02.189

Jennie CW: So offers deep insights quickly. And if you don't have Lego like, I said, you can use random objects instead.

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00:06:03.340 --> 00:06:17.580

Jennie CW: So for more information, please visit Michael Fern's website, where I received my certification. And that's michaelfern.com. He basically trains people to facilitate in Legos. So he trains people to

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00:06:17.870 --> 00:06:46.829

Jennie CW: train to teach people the Lego serious play method. Sorry. That was a bit of a mouthful, and so the person I trained with was somebody called Lucy Hawthorne, who works in the climate activism, space. Her consultancy is called climate Play. She does a lot of Lego serious play as part of her work. So I trained with her, and she trained with Michael to facilitate to train as a trainer.

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00:06:46.900 --> 00:06:52.289

Jennie CW: Does that make sense? I don't know if I've said that right? Anyway, let's move on Walmart.

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00:06:52.960 --> 00:06:59.431

Jennie CW: So what I'd like you to do is from your stash of Lego or random objects. I would like you to

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00:07:00.245 --> 00:07:05.919

Jennie CW: To pick one brick or random object that represents how

you're feeling right now.

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00:07:06.600 --> 00:07:13.279

Jennie CW: I'd like you to pick one brick or random object that represents something positive that happened recently.

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00:07:13.670 --> 00:07:23.620

Jennie CW: and I would like you to click, to click. I don't want you to click anything. I want you to pick one brick or random object to represent something that you're feeling really grateful for today.

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00:07:24.350 --> 00:07:31.659

Jennie CW: So I'm just gonna randomly pick something just to kind of give you an example. I'm gonna randomly pick

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00:07:32.090 --> 00:07:34.729

Jennie CW: I'm going to randomly pick the spider web.

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00:07:35.575 --> 00:07:44.610

Jennie CW: I'm going to. I was quite drawn to it. Something positive that's happened recently. What could I do

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00:07:46.410 --> 00:07:48.980

Jennie CW: gonna pick this one, this little flower?

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00:07:49.568 --> 00:07:55.570

Jennie CW: And then I'm going to pick something that I'm feeling really grateful for.

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00:07:55.670 --> 00:07:57.880

Jennie CW: Oh, what could this be?

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00:08:03.200 --> 00:08:04.990

Jennie CW: okay, I'm going for this one.

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00:08:07.880 --> 00:08:09.270

Jennie CW: I'm going for this one.

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00:08:09.350 --> 00:08:32.129

Jennie CW: But you can also. I could have also just picked that right? So my spider web. How I'm feeling right now. I feel like I'm basically there's lots of kind of connections that I'm trying to make lots of things that I'm trying to pull together. I'm trying to

get to this. I'm trying to get to a spider web. I'm trying to get to a point where it's all kind of come together, and it's connected.

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00:08:32.441 --> 00:08:37.150

Jennie CW: And at the moment I feel like I'm sort of at the beginning of my little spider web.

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00:08:38.240 --> 00:08:47.480

Jennie CW: Something. I'm feeling really grateful, something positive that happened recently. So I met up with my friend Christina, who runs a floral installation business called petals and Amazon

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00:08:47.490 --> 00:09:08.410

Jennie CW: Amazons that are based in Bedford, and we had a really lovely catch up, and a coffee and that kind of whoops that made me think of her, and something that I'm feeling grateful for. So this sort of made me think of nature. And yeah, I'm just very grateful that I live by a river that I can get out in nature very quickly.

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00:09:08.540 --> 00:09:20.970

Jennie CW: And yeah, that I'm not living in a big a big city right now. That's what I'm feeling grateful for at the moment. That's not always the case. Sometimes I live right in the center of Brussels, so it depends.

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00:09:22.331 --> 00:09:31.009

Jennie CW: So for each brick or object. I want you to take a minute to journal about what it represents to you, or you can doodle about it.

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00:09:31.060 --> 00:09:44.100

Jennie CW: or you can create a voice. Memo, so yeah, you can press, pause. Give yourself just a minute. For each one. If you need less time, then that's fine and then, when you're ready, come back.

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00:09:46.830 --> 00:09:52.119

Jennie CW: Okay. So next up as part of our warm up, I'm going to give you 60 seconds

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00:09:52.190 --> 00:09:56.740

Jennie CW: to put together as many books as you can, and I will do this in real time with you.

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00:09:57.170 --> 00:10:25.330

Jennie CW: so we can do it together. I'm gonna just get my timer because I don't really like the timer app on zoom if I'm being honest. So I'm just gonna use my phone in the old school. So this is like, literally, you get your pieces of Lego, and you just like stick them together, and you try and put as many together as quickly as you can in 60 seconds. And if you don't have Lego just place random objects together instead.

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00:10:26.740 --> 00:10:30.126

Jennie CW: so what else have we got

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00:10:31.093 --> 00:10:42.770

Jennie CW: Yeah, that's it. Okay, fine. Sorry. Something just flashed up on my calendar. And that distracted me. I'm just gonna be honest about that. Okay, so 1 min. Are you ready.

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00:10:43.090 --> 00:10:44.300

Jennie CW: Daddy?

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00:10:44.340 --> 00:10:45.370

Jennie CW: Go?

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00:10:46.220 --> 00:10:48.640

Jennie CW: Okay. So you're just putting

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00:10:48.760 --> 00:10:50.490

Jennie CW: bricks together

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00:10:50.540 --> 00:10:56.099

Jennie CW: as quickly as possible and honestly, like everyone does it differently. There's like no

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00:10:56.210 --> 00:11:12.620

Jennie CW: particular way of doing this, like I've seen some some ones where I'm like. Oh, my God! I can't believe I didn't think of doing it that way. And then I forget how they did it, or I don't have to like write pieces, or whatever how we think for time 35 seconds.

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00:11:12.770 --> 00:11:14.340

Jennie CW: Okay? So I'm going.

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00:11:14.680 --> 00:11:22.639

Jennie CW: I'm not gonna show you mine. I'm just gonna sort of talk

whilst I'm doing it. And then it, because otherwise I don't want you to kind of copy me. I want you to just do it your way.

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00:11:24.510 --> 00:11:37.369

Jennie CW: so yeah, so. But just really getting used to playing with Lego. You might not have played with Lego in like the longest time. When I 1st did this I was a bit like, Oh, my God! This has been forever like decades since I've like. Put my hand to Lego.

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00:11:37.661 --> 00:11:41.880

Jennie CW: It's also can. It can also kind of fall apart like you can kind of.

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00:11:41.930 --> 00:11:43.169

Jennie CW: I find I

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00:11:43.220 --> 00:11:48.850

Jennie CW: I don't necessarily make the base solid. Okay, that's it. Go, what did you come up with?

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00:11:49.328 --> 00:11:54.230

Jennie CW: So this is mine. I'm just gonna put a white sheet of paper behind it, so you can see

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00:11:54.940 --> 00:11:56.130

Jennie CW: that's what I did.

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00:11:59.820 --> 00:12:10.780

Jennie CW: So what I suggest is, take a picture of that particular model and then you can send it to me and show me what you came up with in 60 seconds.

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00:12:10.870 --> 00:12:13.020

Jennie CW: All right, let's move on to the next one.

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00:12:13.300 --> 00:12:22.695

Jennie CW: So let's just yeah. Take your picture. And then we're gonna just take this apart so that we've got enough Legos play with when we're building our parrot.

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00:12:23.020 --> 00:12:45.019

Jennie CW: I completely freaked out. When I got given this exercise I was like, I'm not supposed to build a parrot with Lego. So my suggestion to you. If you're feeling that way, is to just think with

your hands. You know this is the whole point of Lego. Seriously, is that you. You are turning off your cognitive brain. And actually, I find when I stop thinking a lot easier.

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00:12:45.487 --> 00:12:49.759

Jennie CW: also gives my brain a break. So are you ready?

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00:12:49.860 --> 00:12:55.359

Jennie CW: I'm gonna give you 2 min to build a parrot starting from, and I'm gonna do it with you. Now

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00:12:56.220 --> 00:12:57.479

Jennie CW: go go go!

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00:12:57.580 --> 00:12:59.949

Jennie CW: Okay. A parrot. Oh, my gosh!

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00:13:08.680 --> 00:13:14.110

Jennie CW: I would love to play some music for you guys, but and I would do this in a live session.

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00:13:14.420 --> 00:13:15.300

Jennie CW: So

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00:13:17.850 --> 00:13:23.510

Jennie CW: But I've realized it doesn't translate when you're recording. Zoom like it's just the sound is terrible, and I

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00:13:23.750 --> 00:13:31.377

Jennie CW: haven't worked out how to do that. And frankly, life is just too short, isn't it? So I was like, well, we'll just do it without the music.

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00:13:32.300 --> 00:13:34.370

Jennie CW: But yeah, if I was doing

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00:13:34.430 --> 00:13:38.280

Jennie CW: this on an online session with groups, we would have music.

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00:13:38.560 --> 00:13:41.800

Jennie CW: We would have breakout rooms for sharing.

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00:13:42.010 --> 00:13:42.840

Jennie CW: like.

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00:13:43.150 --> 00:13:44.972

Jennie CW: yeah, we would.

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00:13:46.690 --> 00:13:47.740

Jennie CW: how are we doing

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00:13:47.780 --> 00:13:51.019

Jennie CW: the time? We've got about a minute left.

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00:13:51.190 --> 00:13:53.609

Jennie CW: I've gone for quite a bright

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00:13:53.720 --> 00:13:55.589

Jennie CW: parrot today.

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00:13:57.310 --> 00:14:01.050

Jennie CW: And oh, I know what I'm missing anything else.

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00:14:02.980 --> 00:14:04.520

Jennie CW: Woohoo!

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00:14:06.570 --> 00:14:14.430

Jennie CW: Now, I'm stressing about the time. Okay, we've got 46 seconds to go. That was very precise, wasn't it?

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00:14:14.770 --> 00:14:15.880

Jennie CW: From?

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00:14:16.360 --> 00:14:18.300

Jennie CW: Yeah. I wonder how you're getting on?

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00:14:20.714 --> 00:14:35.949

Jennie CW: like I, I, to be honest, I must say my brother played with Lego way more than I did. So I've kind of noticed that. Yeah. People who played with Lego a lot as kids. They find this like a lot easier if they have their own kids. And they've.

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00:14:36.750 --> 00:14:45.789

Jennie CW: you know, play Lego with them. Okay, 16 seconds to go to add your finishing touches onto your little parrot.

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00:14:46.290 --> 00:14:47.369

Jennie CW: and then.

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00:14:49.360 --> 00:14:52.160

Jennie CW: yeah, there we go. I think mine's done.

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00:14:52.260 --> 00:14:55.240

Jennie CW: Okay, 3, 2, 1 go

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00:14:55.360 --> 00:14:57.880

Jennie CW: alright. Okay, cool. So

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00:14:58.720 --> 00:15:00.640

Jennie CW: this is my parrot.

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00:15:01.104 --> 00:15:07.135

Jennie CW: I gave. I've had a little eye, so I gave him a little eye in my stash.

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00:15:08.080 --> 00:15:10.150

Jennie CW: yeah, so you can see that.

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00:15:10.600 --> 00:15:22.309

Jennie CW: That's my parrot. I would love to see your parrot, so please take a picture of your parrot before you dismantle them and show me what you came up with.

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00:15:23.140 --> 00:15:28.870

Jennie CW: Yeah, okay, right? Let's move on to the next one. So final, warm up.

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00:15:30.194 --> 00:15:47.730

Jennie CW: I actually really like this one. So basically, I'm just dismantling my bricks since the sound of Lego in the background and hear a lot of that in this session. So I want you. I'm gonna give us 30 seconds. And I want you to create a module just using 7 bricks.

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00:15:47.830 --> 00:15:56.819

Jennie CW: Okay, so one model, 7 bricks. Do not prepare your 7 bricks in advance. Okay, so just have your stash in front of you and

then

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00:15:57.140 --> 00:16:14.220

Jennie CW: create something with 7 bricks. Again, if you've got random objects. Just create something with your, with your random objects. Okay? So are you ready? And again, don't think about what you're making. Just put together 7 bricks in 30 seconds. Okay, that's like, whatever it is you're drawn to. Don't overthink it. And

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00:16:14.490 --> 00:16:18.990

Jennie CW: 7 bricks 30 seconds. Starting from now

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00:16:21.110 --> 00:16:22.196

Jennie CW: that one.

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00:16:23.440 --> 00:16:24.640

Jennie CW: too.

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00:16:26.055 --> 00:16:26.880

Jennie CW: Great.

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00:16:36.740 --> 00:16:38.787

Jennie CW: okay, 12 seconds.

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00:16:40.320 --> 00:16:42.540

Jennie CW: I'm not doing very well here. 1, 2,

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00:16:42.840 --> 00:16:44.680

Jennie CW: 4, 5, 9,

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00:16:45.740 --> 00:16:46.960

Jennie CW: 6,

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00:16:48.490 --> 00:16:51.230

Jennie CW: 7. I think that's yeah. Done.

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00:16:53.650 --> 00:16:54.970

Jennie CW: Okay.

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00:16:55.440 --> 00:16:58.990

Jennie CW: so this is my little 7 brick model.

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00:16:59.660 --> 00:17:03.530

Jennie CW: if you can see it. And

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00:17:04.933 --> 00:17:07.000

Jennie CW: I would like you now.

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00:17:07.488 --> 00:17:16.459

Jennie CW: To give yourself a minute using one of the options below or another one. You know something else. If you feel more comfortable with that

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00:17:16.949 --> 00:17:44.650

Jennie CW: to journal about, or doodle about, or memo voice. Memo, what this last model the 7 brick model represents to you. In terms of your career. So I will say that again, but slightly, more concisely. Explain in 1 min how this last model is a metaphor for your career. So far so you can journal about it. You can doodle about it, or you can create a voice memo

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00:17:45.290 --> 00:18:02.490

Jennie CW: So I'm gonna try and give you a little example. So this 7 brick module is a is a metaphor for my career so far, because I feel like there are some little green shoots kind of starting to

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00:18:02.960 --> 00:18:18.189

Jennie CW: starting to come through. It's a bit like a kind of it's a sort of it's a ladder going up right? So I kind of feel like I started here down at the bottom, and then I sort of did a did something, and then something started to emerge.

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00:18:18.190 --> 00:18:39.030

Jennie CW: and then I decided to come and go over here and try something out over here, and that's kind of led me to something else to sort of new people and networks. And now I'm sort of here. This is where I am. I'm sort of on a little precipice here, and you know I feel like there's kind of possibility and opportunities. But I'm not quite sure what yet.

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00:18:39.400 --> 00:18:40.690

Jennie CW: Ta-da!

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00:18:40.840 --> 00:18:42.439

Jennie CW: There's your metaphor

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00:18:42.520 --> 00:18:48.329

Jennie CW: for your random 7 brick model. So press pause. Have a go

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00:18:48.680 --> 00:18:56.410

Jennie CW: at doing it yourself. Remember to take a picture and send me what you've got. My contact details will be at the end if you don't have them.

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00:18:56.700 --> 00:18:58.750

Jennie CW: Okay. So press, pause and go.

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00:19:00.910 --> 00:19:09.149

Jennie CW: and then we're gonna move on to the build. So once you've done that, we're gonna move on to the build. So you you should be all warmed up now and getting the kind of the vibe

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00:19:10.243 --> 00:19:11.096

Jennie CW: of

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00:19:12.010 --> 00:19:16.679

Jennie CW: or the feel if you don't like the word vibe, the feel for Lego series play

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00:19:17.086 --> 00:19:22.219

Jennie CW: so what we're gonna do is we're gonna review your year to date.

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00:19:22.320 --> 00:19:30.873

Jennie CW: or you are gonna review your year to date, focusing on your work, your career. Your business. Okay? So whichever one of those words

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00:19:31.420 --> 00:19:39.070

Jennie CW: connects with you most. So this is a chance for you to reflect on the previous months, and how they've been for you work wise.

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00:19:40.360 --> 00:19:44.920

Jennie CW: So the question is this is the question that is going to inspire your build.

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00:19:45.040 --> 00:19:48.970

Jennie CW: The question is, what has gone well with your work

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00:19:49.070 --> 00:19:51.239

Jennie CW: in your year to date.

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00:19:52.100 --> 00:19:55.099

Jennie CW: What has gone well with your work

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00:19:55.270 --> 00:19:57.389

Jennie CW: in your year to date.

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00:19:57.710 --> 00:20:05.769

Jennie CW: so your year to date could be the calendar year, the current calendar year, January to December. It could be the current financial year.

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00:20:05.800 --> 00:20:23.029

Jennie CW: April to April. It could be the school year, the academic year, September to August, or it could be something else. So you might have started a new job recently or a few months ago, and you want your year to start from then, or your maybe your new job started, you know.

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00:20:23.760 --> 00:20:29.870

Jennie CW: 6 months ago. I don't know so whatever timeframe you want to use as your year to date. Use that.

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00:20:30.310 --> 00:20:38.649

Jennie CW: We're focusing on your work, your career, your business. And I want you to think when you're building your model. I want you to think about.

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00:20:38.710 --> 00:20:40.510

Jennie CW: What were the highlights?

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00:20:40.860 --> 00:20:43.380

Jennie CW: What were the things that were memorable?

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00:20:43.830 --> 00:20:46.279

Jennie CW: What were the things that you were proud of?

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00:20:46.590 --> 00:20:49.789

Jennie CW: What were the things that were exciting and felt good.

154

00:20:49.960 --> 00:20:55.480

Jennie CW: And what were the things that felt in alignment with your values, and how you'd like to work in the future.

155

00:20:55.640 --> 00:21:02.030

Jennie CW: Okay, so that's some context. For when you're creating this build to just have in the back of your mind.

156

00:21:03.110 --> 00:21:09.040

Jennie CW: So I want you to give yourself 3 to 5 min to create your build. Okay?

157

00:21:09.050 --> 00:21:28.450

Jennie CW: So I want you to press. Pause. Put the timer on you could start with 3 min, and then, if you want to have like another minute or 2, you can give yourself another minute or 2. I'm not going to do this build with you, because I think it's just going to be really boring. You sat there kind of with me. I think you can sort of do this one on your own.

158

00:21:28.766 --> 00:21:38.589

Jennie CW: And yeah, let me know how you feel about that, because actually, if you find that it would have been better for me to have continued and and done a build myself.

159

00:21:38.600 --> 00:21:49.579

Jennie CW: and you did it along with me then I would love to know, but I know that sometimes people just kind of listen to these things when they're cooking, or whatever. And it might be something that you just want to come back to. So

160

00:21:50.357 --> 00:22:01.159

Jennie CW: so yeah, press pause. Give yourself 3 to 5 min. Think about this question. We'll just go back to it. What's gone? Well, with your work in your year to date.

161

00:22:01.220 --> 00:22:18.009

Jennie CW: Your year to date, can be your calendar year, your financial year, your school, the school year, or something else, and think about highlights, things that were memorable things. You were proud of things that were exciting, and felt good, and things that felt in alignment with your values, and how you'd like to work in the future.

162

00:22:18.130 --> 00:22:19.670

Jennie CW: So press pause

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00:22:20.580 --> 00:22:22.889

Jennie CW: and come back in 3 to 5 min.

164

00:22:26.840 --> 00:22:44.288

Jennie CW: Alright. So hopefully, you've got a gorgeous little build there. And if you found that you were like getting a bit stuck with it or frustrated, and you don't want to go back and do it again. Just as I said before, like, just think with your hands like, don't overthink it too much.

165

00:22:45.130 --> 00:23:02.160

Jennie CW: and yeah, if you want to have another go, have another go. But basically, using one of the below methods, I want you to take 3 min to express what you've built. So just try with what you have so far, and then, if you want to go back, you can go back and have another try.

166

00:23:02.493 --> 00:23:20.829

Jennie CW: Just try 3 min. Put the timer on, and you can either journal about it. You can do about it. You can create a voice memo like whatever feels right for you in terms of how to express what this model means to you in terms of your work and your year to date. Okay.

167

00:23:20.840 --> 00:23:23.180

Jennie CW: so press pause. Have a go. Come back.

168

00:23:26.380 --> 00:23:30.529

Jennie CW: So now that you've done that, we're gonna move on to a reflection.

169

00:23:33.010 --> 00:23:38.990

Jennie CW: So the reflection question is, what are you taking away from today's build?

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00:23:39.960 --> 00:23:43.060

Jennie CW: What are you taking away from today's build.

171

00:23:45.030 --> 00:24:07.270

Jennie CW: And I want you to again take 3 min. Use one of the 3 methods I've suggested, or if you want to use a different method. You can use that whatever feels good to you. Take 3 min to reflect on what you're taking away from this. Build this 3 to 5 min. Build on your work. In the kind of you know in the year to date. So far.

172

00:24:08.310 --> 00:24:12.449

Jennie CW: so press pause, have another. Have a go at reflecting, and then come back.

173

00:24:15.730 --> 00:24:20.459

Jennie CW: Okay, so last, but not least, please take a picture of your final build.

174

00:24:20.810 --> 00:24:24.079

Jennie CW: I'd love to see it. It's often quite good to get

175

00:24:24.310 --> 00:24:41.420

Jennie CW: a blank piece of paper and pop it on that, and then then I'll be able to see it really clearly. And yeah, just send me your if you want to send me your thoughts like what it represented to you. How you got on? Yeah, what kind of came up. Let me know. I'd love to hear from you.

176

00:24:41.774 --> 00:24:54.489

Jennie CW: And you can get in touch with me via my website. So that's Jenny cashman.com. My email address is just jenny@jennycashman.com and it's Jenny with an IE

177

00:24:55.340 --> 00:24:59.369

Jennie CW: you can sign up to my weekly email starting from scratch again.

178

00:25:01.028 --> 00:25:12.609

Jennie CW: So that's just like weekly insights into building a new business from scratch again. My Instagram is at Jenny Cashman. My LinkedIn is also Jenny Cashman.

179

00:25:12.610 --> 00:25:33.890

Jennie CW: and that's it. I'd love to hear from you if you want to know more about how I facilitate how I coach, how I do that in a playful and creative way to achieve serious outcomes, then by all means get in touch. You can also book like a quick discovery. Call with me via my website. If you feel like you need a bit longer than just send me

180

00:25:34.270 --> 00:25:53.529

Jennie CW: send me a little note. And that's it. Hope this was helpful. And I hope you have a great day or great evening wherever you are. And yeah, hopefully. We'll be in touch soon. So I'm gonna

stop recording now and say goodbye. Goodbye.