

**Jennie Cashman Wilson**  
**Achieving Serious Outcomes Playfully**

**Reviewing Your Year To Date Using LEGO® SERIOUS PLAY®**  
***A quick summary of the session, for more details please watch the video  
or listen to the audio***

**Facilitator:** Jennie Cashman Wilson

**About this session:** In this session I use LEGO® SERIOUS PLAY® to help you review your year playfully. This method will enable you to gain clarity on work highlights, memorable moments, and personal values.

**About me:** I work with purpose-driven creatives, entrepreneurs and teams who are feeling overwhelmed, stretched and disengaged to gain more clarity and balance; improve their creativity and communication; and build connection and emotional resilience for sustainable growth. I do this through playful facilitation and coaching techniques including LEGO® SERIOUS PLAY®.

**Key Elements:**

1. **Warm-Up Activities:**
  - **Materials Needed:** 3-4 handfuls of LEGO or random objects if you don't have LEGO, plus pen and paper.
  - **Play Types:**
    - **Structured** (like LEGO® SERIOUS PLAY® or sports) and **Unstructured** (freeform activities like doodling or cooking).
  - Play enhances learning, creativity, engagement, and wellbeing - essential for personal and professional growth.
2. **Exercises:**
  - **Pick Three Objects:**
    - Choose one LEGO piece/random object that represents (1) how you're currently feeling, (2) something positive that happened recently, and (3) something you're grateful for today.
    - Three pieces in total
    - Journal, doodle, or voice memo about these objects and what they symbolise for you.
  - **LEGO Model Challenge:**
    - Build as many LEGO pieces together in 60 seconds to get comfortable with using your hands.
    - Build a parrot in 2 minutes
    - Create a model using seven pieces in 30 seconds
    - Journal, doodle, or voice memo about this last build and how it represents your career or business right now
3. **Building Your Year Review:**
  - **Question:** "What has gone well with your work this year?"

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## Jennie Cashman Wilson

### Achieving Serious Outcomes Playfully

- **Timeframe:** Use a calendar year, financial year, school year, or your own timeline.
  - **Context:** Reflect on highlights, memorable events, things that felt good and achievements that aligned with your values and how you'd like to work in the future.
  - Take 3-5 minutes to create a LEGO model that visualises these elements.
  - Think with your hands and not your head!
4. **Reflection:**
- Take 3 minutes to reflect on the build (journal, doodle or voice memo) and what it represents about your professional journey so far.

#### Summary and Next Steps:

- **Play for Clarity:** Playful methods like LEGO® SERIOUS PLAY® allow you to access deep insights quickly, helping you understand complex problems and big ideas easily.
- **Capture Your Build:** Take a picture of your final model and reflect on its meaning.
- **Share it with me:** I'd love to hear from you and how you got on.

**Click on the link below to book a free 30 minute discovery call with me:**

<https://tidycal.com/jenniecw/30-min-discovery>

**If you found this helpful get in touch and let me know:**

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