

A playful approach to gaining clarity – and why it matters

We are living and working in highly complex, uncertain and volatile times. The pace of change is faster than ever.

Without clarity, complexity can feel like confusion, uncertainty like instability and volatility like chaos. This has an impact. Health and Safety Executive figures showed an estimated 17 million working days were lost due to work-related stress, depression, or anxiety in 2021/22.



When we have clarity we can make decisions, create and communicate a clear vision and bring people along with us. If you want your leaders to thrive, they need the space to find clarity. Playfulness can help us with this by cutting through the chaos in light and surprising ways.

In this talk Hazel invites people to reconnect with the playful way we all learned as children. She shares her story from being a serious child to playful creator of a powerful coaching game which transforms people's lives and work. She shows how – when we get back in touch with our playfulness – we can find the clarity to solve any problem.

Who is this talk for?

- Organisations that want their people to thrive in fast-paced, high-pressure environments.
- Companies that want to increase creativity and innovation in their leaders and teams.
- Organisations wanting to support their employees to access new thinking and to manage their wellbeing.
- People who are excited to harness their natural playfulness and creativity to solve the big problems facing the world today.

What will the audience gain?

- They will remember their own playfulness and will reconnect with what matters most to them.
- They will learn how to bring their authentic playful self to the challenge they face.
- They will come away with some tools and questions to use to bring clarity to work and life situations.