

Thinking outside the BOX

Aim of the activity:

1. To get employees thinking about the signals they give out to the world, who are they to the people around them whether that be in a work setting or a social setting.
2. What behaviours do they have that make them unique, or the same as those around them.
3. To understand how identifiers can help shape behaviours & responses to change can behaviours.
4. To open conversations about Mental Health in a safe and open environment.

Resources:

- Paper
- Pens
- The BROS tickets (supplied)
- Envelope to collect and BROS tickets
- Groups up to 20

Key Elements:

- Get the employees to write down what they think their identifies are, the signals they give out to the world (personal or work life) onto a piece of paper without showing anyone.
- Employees place the pieces of paper into the envelopes provided.
- The host will then blindly select pieces of paper from the box to discuss.

Key discussion points:

- Do the employees recognise their identifiers?
- Do they have common identifiers with other employees?
- Do they think other people would choose the same identifiers for them?
- If that person didn't behave that way do, they think people would notice?
- Ask the group – would they notice?
- How would they open the discussion if they did notice?

