

The Lift Project Group Leader's guide to *Making it Memorable*

Lesson 1: Inspiring speeches.

Invite your participants to share their inspirational quote—ideally from memory!

You can also ask the group to write their inspiring quotes on pieces of paper that can be stuck around the workplace.

Another idea that groups have done is to write (using chalk) their inspirational quotes on surrounding footpaths so that anyone walking past can benefit (see photo below).



Lesson 2: Moving meeting.

Conduct your meet-up as a “walk and talk”. This can even be done for online meetings using mobile devices.

At minimum, ask your participants to stand up during the meet-up as compared to sitting.

Note: this could be adopted for your workplace for the week as the preferred style of meeting (for those meetings that allow for it). Walking meetings are best performed when it is only a small group (i.e three people) or when a larger group can be broken into smaller groups of two or three. [Here](#) is an interesting read about walking meetings and check out the infographic below from [beenote](#).

THE POWER OF *walking meetings* AT WORK



A walking meeting is simply a working meeting that takes place while walking, with colleagues, customers or stakeholders, to discuss common issues.

Walking meeting

30% more
efficient
than a sitting meeting

- **#1** BETTER FOR YOUR HEALTH
- **#2** ACCESSIBLE PHYSICAL ACTIVITY
- **#3** HAVE FUN IN MEETINGS
- **#4** WELL-BEING AT WORK
- **#5** IMPROVE EFFICIENCY
- **#6** DEVELOP TEAM SPIRITS
- **#7** FACILITATE DECISION-MAKING
- **#8** BETTER COMMUNICATION
- **#9** STIMULATE CREATIVITY by 60%
- **#10** REDUCES HIERARCHICAL DISTINCTIONS

..... Stand up! Let's get moving



Beenote APP

Bring your phone with you
and have a walking meeting.

Record important moments of your meetings!
Take notes quickly and assign vocal tasks
with Beenote app.



This infographic was created by  **beenote**

Lesson 3: Blue and green your team.

Conduct your meet-up in the most “blue and green” space available. For online meetings invite your participants to do the same and to share where they are. [Here](#) are some tips on #greendesking.

Note: this could be adopted for the week for all workplace meetings! (where appropriate).



Lesson 4: Knowing you, knowing me.

In the meet-up, go around the group one participant at a time and invite them to share three things about themselves—two that are true and one that is not. The group has to guess which one is not true and, in the process, talk about the things that are true as a way to learn more about each other. Participants gain a point if they guess correctly and give a fun prize to person with the most points at the end.

As this lesson is all about building social connection, anything you can do to promote “getting to know you” is a positive.

Lesson 5: Uplifting balloons.

Provide the participants with a balloon and marking pen and ask them to write on the balloon one thing that:

1. They are grateful for.
2. Is going well at the moment.
3. They are excited about or hopeful for.

Allow the group to share the things written on the balloon.

Note: Coloured pieces of paper cut into the shape of a balloon can alternatively be used.

Here is an image from a large group who used helium balloons for this activity. They then tied the balloons together to create a massive “look to the positive” rainbow. If you don’t

have helium balloons you can still tie them together and hang them from either end of the string of balloons to create a “look to the positive” smile.



Another idea this week is to start any meeting with a brief discussion about what is going well.

Lesson 6: Rainbow fruit skewers.

Bring skewers, a variety of fruits and some cutting boards and knives to the group meet-up and as a group create rainbow fruit skewers (see photo below). [Note: be sure to practice safe food handling]. Enjoy the fruit skewers together and even share them with others in your workplace.



Another option for this week is to share a meal together. Invite each person in the group to prepare a plant-based dish.

Lesson 7: Camp fire.

In the meet-up, turn all the lights off in the room and make it as dark as possible. On a screen play [this video](#) of a camp fire during the meeting. Invite the participants to share their favorite campfire memories and if they have noticed that firelight affects their sleep.

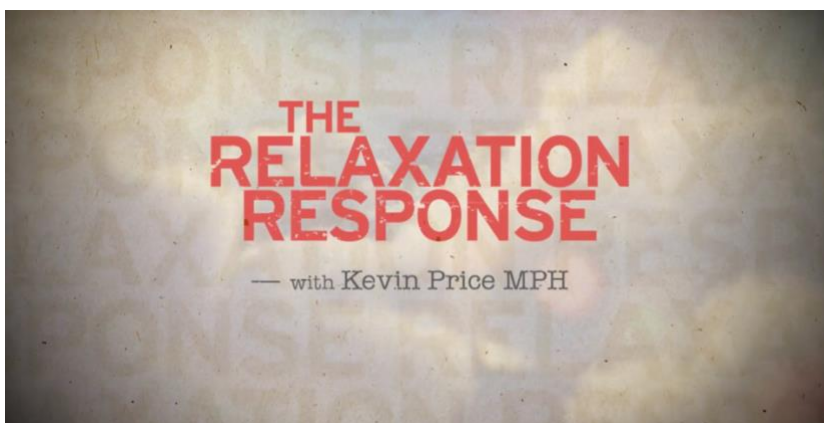
For online meetings it can be fun to declare “PJ Day!” and invite the participants to attend in (appropriate) pajamas.

An interesting thing to talk about in the group meet-up is:

- a. Who usually goes to sleep the latest?
- b. Who usually gets up the earliest?
- c. Who usually gets the most amount of sleep? (how many hours).
- d. Who usually gets the least amount of sleep? (how many hours)

Lesson 8: The relaxation response.

Invite the participants to be seated comfortably and then follow the instructions in [this video](#) called the relaxation response.



Lesson 9: Strengths-based service

Distribute a piece of paper to each participant in the group and ask them to write their name on the top. On your command, ask everyone to pass their paper to the person on their left. Everyone then writes down one strength they see in the person whose name is at the top and how this could be used to make a positive difference in the workplace (or the world). Allow about a minute or so and then instruct the group to pass the pieces of paper once again to the person on their left. Repeat this until the paper returns to the person whose name is at the top. Allow a few moments for the group to read the things that have been written about them and then invite anyone to share.

A similar thing can be done via videoconferencing by inviting people to share what strengths and talents the group see in each other and how they might be used for good.

Lesson 10: Beginning with the end in mind.

In this final session, start by reading this to your participants:

“This is a special message from Dr Darren:

*It is so easy nowadays to get caught up with the business of life and not to live intentionally. I really admire the wisdom of the late Dr Steven Covey, who wrote the book “Seven Habits of Highly Effective People”. One of his secrets is to “**begin with the end in mind**”. Certainly, having a clear vision of the finish line provides us with direction and motivation for our journey.*

One of the most important epiphanies in my life came when I gained clarity on what I wanted my life to stand for. Having the “end in mind” leads to a purpose-driven life—it informs the decisions you make, how you spend your time, what you go after and what you choose to leave behind. It is incredibly uplifting.

I would invite you to reflect on what you would like your life to stand for by asking this question of yourself: what do I want to be said about me at my funeral? Or another way of thinking about it: When people share your story, what do you want them to say?

I know it seems a bit somber to talk about funerals (especially your own!) in this last session of The Lift Project but this is a very powerful exercise that I would love for you to benefit from. Allow what you discover to give you a renewed vigour moving forward to be the person you want to be.”

Give the group time to write down some reflections and then ask if there is anyone brave enough to share. Be prepared to lead by example and share your personal thoughts.