There’s No Place Like Work

Everyday Resources to Produce More with Less

Wicked Problems

Smart Solutions

Wicked Problem:

STRESS

An aroused physiological state is characteristic of both stress and pleasure

So What is Stress? (scientifically speaking)

Measurable

Aversive

Feels Uncontrollable

Too Much of a Good Thing

A little dab will do ya
Brain Problems
- Cognition
- Executive Function
- Memory
- Problem Solving

Body Problems
- Heart Attack
- Stroke
- Depression

Business Problems
- Productivity
- Innovation
- Creativity
- Absenteeism
- Health Care Costs
- Turnover

Emotional Hijacking

The Jerk vs. The Thinker

Smart Solution:
CONTROL

Mind Like Water

Happiness Reduces Stress

Everyone Can be Happier

OR
Fulcrum and Lever

Change your mindset

Moving Your Fulcrum

Examine Your Habits

Plan Ahead for Obstacles

Wicked Problem:

EVOLUTION
Cavemen Didn’t Have Cubicles

Smart Solution:

EXERCISE

How it Works

Roads : Goods and Services :: Exercise : Oxygen

How Much?

How Long?

You Say You Don’t Have Time?

Wicked Problem:

SLEEP
Larks 10%

Owls 20%

Hummingbirds

When sleep is good
it is very, very good

But when it is bad
it is horrid

Smart Solution:

BRING YOUR PAJAMAS TO WORK

LBJ and NASA Agree...
Bunny Slippers are Appropriate for Work

Wicked Problem:

ALONE TOGETHER

Smart Solution:

SOCIAL CONNECTION
Small things can produce significant and immediate boosts in performance.

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1/3 OF WORKERS ARE UNCOMFORTABLE

UNDERSTANDING INTROVERTS

TOO MUCH TO DO
Smart Solution: Don’t Mistake Activity for Productivity

Purge and Delegate

Manage Workflow

Choose the Right Action for Right Now

Wicked Problem: TOO LITTLE TIME
Smart Solution:

TWO EXTRA HOURS

The Myth of Multi-Tasking

Multi-tasking is worse than a lie

Eliminating Interruptions

Recurring Meetings

Drop-in Office Hours

The 20-Second Rule

Schedule Email and Phone Calls

Wicked Problem:

RESISTANCE TO CHANGE

Smart Solution:

SMALL CHANGES
Find a Keystone Habit

Focus on Small Wins

Introduce new habits between familiar routines

Thoughts on Will Power

Be a Leader

YOU are here!
Build a Team
with Courage, Brains and Heart

Understand Normal Reactions
to New Ideas

But Fight Complacency

Or, face the consequences

When you leave this room...
Act with urgent patience
Maintain a realistic view of time

Think Positively
Be Grateful
Meditate
Share a Laugh
Raise a Glass
Read Good Books

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