



FLAG OF MY ORGANIZATION

Psychology for Burnout Prevention



N° of pax 1-30



indoors



1,5 hours



art expression | drawing

PURPOSE

ACKNOWLEDGEMENT OF GROUP RESOURCES

- to increase work engagement
- non verbal expression
- self knowledge

MATERIALS

- background music
- A3 paper
- colorful pens, pencils, crayons or paints

PREPARATION

- * Create a cozy place for participants.

INTRO

This is a drawing tool to recognize the resources your team possesses and to increase work engagement.

It is a drawing activity but it is not about beauty or art for itself.



STEPS

1. The facilitator invites the participants to think about their work team. If the whole team is present, they can do this exercise together (max 6 people working on the same drawing).

2. Participants need to collect some colorful pens, crayons and pencils plus prepare an A3 paper and to find a place where their group can be undisturbed for 30 minutes.

3. The task is to draw the flag of their team, depicting all the features, qualities of their immediate work team (immediate work team can be defined in different ways: the people they work together with on a daily basis, peers working on the same hierarchical level, people working on the same goal, in the same profession), guided by the following orienting questions:

- What would you like to show about your team?
- What do you like the most about your team?
- How would you introduce it to others?
- What are you proud of together as a team?

It is recommended to use symbols, colours and any significant shapes that are meaningful, although they can also put words on the flag.

4. Discussion along the recommended questions first happens in the small groups working on the same flag.

5. After this, groups get together, show their flags to the others and they share their answers to the questions.

- Looking at the flag, what does it tell you about your team/organization?
- Connecting the exercise to work engagement: Based on your flag, why do you like to be part of this team? What do you like in this company?
- What resources does our team have? Are they represented in the drawing? Why?



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REFLECTION

- How did you feel during the different parts of this activity?
- How do you think this activity can contribute to resilience building?

COMMENTS