

# 3 minute thoughts

## Episode 2 Stepping into change together

THE IDEA: A metaphor for thinking about post-pandemic experiments (page 1)

Sneeze guards	Coffee Breaks	Game Changers
<p><b>Comfort and safety</b></p> <ul style="list-style-type: none"><li>• Sneeze guards make us think of protection</li></ul>	<p><b>Connection</b></p> <ul style="list-style-type: none"><li>• Coffee breaks make us think about taking a break, connecting with ourselves and connecting with our team mates</li></ul>	<p><b>Contribution</b></p> <ul style="list-style-type: none"><li>• The game has changed</li><li>• We got work done in the weirdest of circumstances during covid</li><li>• We created some innovative and resilient ways to contribute to our professions and our families</li></ul>

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## Episode 2 Stepping into change together

THE QUESTIONS: A metaphor for thinking about post-pandemic experiments (page 2)

Sneeze guards	Coffee Breaks	Game Changers
<b>Comfort and safety</b> What are my personal boundaries for comfort and safety? Who have I discussed this with? What experiments can I try?	<b>Connection</b> What is the quality of relationships I need in my life? Family? Friends? Neighbors? What do I need now to rebalance as I resurface from covid?	<b>Contribution</b> How does my work fulfill me? How do I try out new ways of working over the long term? How do I raise my voice?

Apply these questions to personal reflection and team discussion