

**“The Art of Fun” – O2C Workplace Initiative
by Lara Bishop**

Many Canberrans spend a significant portion of their week at work. We all know that work is serious stuff, but workplaces can also incorporate fun activities into their routine. In fact, recent research has shown that incorporating fun activities into the workplace may be beneficial in improving workplace morale and job satisfaction and reducing emotional exhaustion, stress and absenteeism.

O2C Solutions, a Canberra based transformational company that uses training, coaching and consulting to build successful and resilient people, leaders and organisations, developed “The Art of Fun,” a program aimed at bringing fun back into the workplace.

This innovative program promotes fun in the workplace through a series of unique outdoor team activities conducted in a relaxed environment. Employees come together to develop creative and fun solutions to a range of challenging activities. These activities are provided to provoke participants to think and feel differently about themselves, others and their environment.

Participants are encouraged to come up with creative solutions in new and unfamiliar circumstances. Creative problem solving starts with a feeling that an unusual new solution is possible. By freeing our imagination from the restrictions of normal thinking, judgments and assumptions, we are able to foster creativity similar to a curious child who is playful, open minded and filled with wonder and awe. In the workplace, we can draw upon this creative problem solving if a challenge develops and a solution is needed.

O2C facilitator Jane Zeller has observed that “when people are put into a positive and fun environment, are supported and encouraged, take time to laugh and appreciate every moment, their amazing strengths are awakened and their feelings of enjoyment, playfulness and contentment are enhanced.”

For more information on the O2C “Art of Fun” and other wellbeing products, contact O2C Client Relations and Events Manager, Emma Pieper on 0410 544 069 or visit www.o2c.com.au