CreativeHuddle

CANVAS

TIME
40 minutes

GROUP
One person or a team

Teamwork

Resilience Recipe

Write on one page what keeps you steady and how you'll stay at your best.

THE IDEA

Resilient people and teams do their best work when it matters most. Start with the ingredients that keep you steady. Then plan how you'll prepare for the big moments, what you'll do in the moment and how you'll rest afterwards, and keep one habit going. Use it on your own or as a team.

Materials. This sheet, printed or on a shared online whiteboard.

A recipe for .....

Serves ☐ Just me ☐ Our team

1 Ingredients

What keeps you steady?

Think of people you can call on, routines that work, strengths you rely on and what recharges you.

2 Prep

Get ready for the big moments ahead.

BIG MOMENT	WHEN	HOW YOU'LL GET READY

One thing to do more of
Such as clear priorities or time blocked out to focus.

3 Method

Spot strain early and make help easy.

The signs
How will you know when someone is stretched?

What happens next
How will you ask for help, or offer it?

4 Rest

Switch off and recharge afterwards.

Switch-off norm
When does work stop for the day?

Recharge
What helps you recover after a big moment?

5 Habit

One regular habit that keeps you steady.

What you'll do, and when

Check it on
Pick a date 30 days on.

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WORKED EXAMPLE

TIME 40 minutes

GROUP One person or a team

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THE IDEA

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Materials. This sheet, printed or on a shared online whiteboard.

A recipe for *Staying steady through the January launch*

Serves ☐ Just me ☑ Our team

1 Ingredients

What keeps you steady?

Think of people you can call on, routines that work, strengths you rely on and what recharges you.

- ○ *Each other, covering calls*
- ○ *Tom's Monday top three*
- ○ *The shared FAQ doc*
- ○ *Dev, who fixes systems fast*
- ○ *Walks at lunch*
- ○ *Clear end-of-day handovers*
- ○ *Our Friday wins round*
- ○ *A good laugh together*
- ○
- ○

2 Prep

Get ready for the big moments ahead.

BIG MOMENT	WHEN	HOW YOU'LL GET READY
January launch	*Mon 11 Jan*	*FAQ and scripts ready*
Year-end reports	*Fri 18 Dec*	*Draft done by 11 Dec*
New starters	*Mon 4 Jan*	*A buddy for each one*

One thing to do more of

Such as clear priorities or time blocked out to focus.

Tom's top three every Monday, and Tuesday mornings kept free to focus.

3 Method

Spot strain early and make help easy.

The signs

How will you know when someone is stretched?

Someone skips lunch, goes quiet in the chat or is still online after 7pm.

What happens next

How will you ask for help, or offer it?

Anyone can ask "Need a hand?" We ask for help in the team chat.

4 Rest

Switch off and recharge afterwards.

Switch-off norm

When does work stop for the day?

Messages wait until 8am, and calls end by 5pm.

Recharge

What helps you recover after a big moment?

Finish on time after a big day, and a team lunch after the launch.

5 Habit

One regular habit that keeps you steady.

What you'll do, and when

At Monday stand-up, each of us names one thing we could use a hand with, or could help with.

Check it on

Pick a date 30 days on.

Mon 1 Feb, at stand-up

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