

Game and Go

Since the beginning of time, play has evolved across animal species to promote survival. When employed from a young age, play can shape the brain, foster empathy and create building blocks for **creativity** and **innovation**. It also enables authentic **connections** between people - something we are all appreciating more now than before!

Game and Go started because we recognised how these benefits can support teams looking to be more **engaged** and **energised**.

If that wasn't enough, play can also strengthen problem solving abilities, **relieve stress**, supercharge learning, release endorphins and **boost productivity**. All of which is to say: It makes work better for everyone! So how do we do it?

Jim

Nicola



Play

First, we make sure you are all on board with some energetic moves to kickstart the session. We also encourage you to think about what you're hoping to gain from the next hour of fun.

Connect

Everyone gets the chance to express themselves through creative games - don't worry, there's no need to be clever, funny, or original (if there was, we wouldn't play!)

Interact

Being at home alone can feel isolating. That's why we've got just the thing to bring you all back together for one final team game to leave you on a high, energised and ready for the day.

Game and Go sessions are led by qualified coaches Jim and Nicola and offer participants the opportunity to engage in creative, energetic and collaborative games. These games have been carefully chosen to increase teamwork, stimulate the imagination and get everyone laughing. Most importantly though, all the holistic benefits of play come naturally without participants ever feeling like they have to 'try' or to 'work' - so it feels like pure fun.

You can discover more about a person in a hour of play than a year of conversation

Plato

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