



relay

Co-creating the Future of Sprints

Sessions & Facilitators

Antifragile Design Practice

**Lee Duncan
Kristin Moore**

Co-creation & Inclusive Design Methods

**Surya Vanka,
Jayeon Kim**

Reframing Assumptions for Inclusive Design

**Richard Kelly,
Sinéad Burke**

Measuring the Business Value of Design Sprints

**Stéph Cruchon,
Jörg Deckerhibbel**

Safety for Authenticity

**Daniel Stillman,
Corinna Hinke**

Improving Data Driven Design Sprints

**Ross Chapman,
Vivia Lui**

Expanding Methods for Collaborative Thinking

**Konina Biswas,
Dave Gray**

Me Think / We Think: Facilitating Collaboration

**Dave Hogue,
Alison Coward**

Prototyping to Learn

**Saj Reshamwala,
Johannes Behrisch**

Building and Sustaining Energy in Remote Sessions

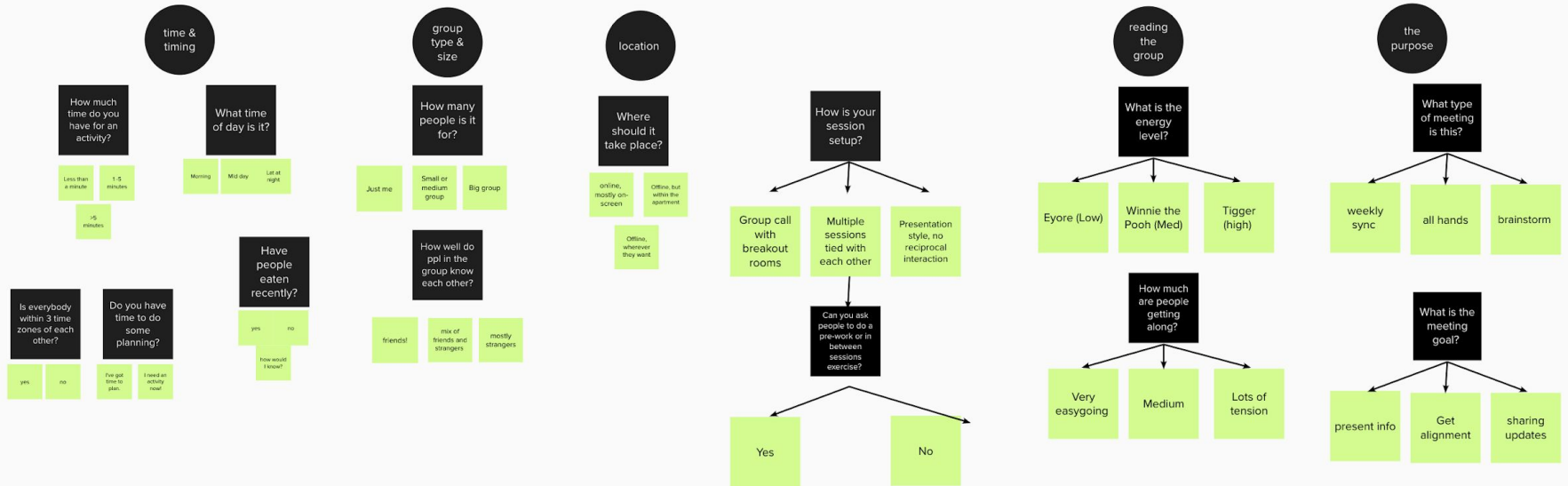
Dana & Tomek, Ania Krawczyk

Speculative Futures - Sprints in 2030

**Noah Kareus,
Phil Martin**

What is your situation?

What's your situation in which you need to manage energy?



Take a Creative Walk

Move
Human Connection
Games



Description

Walk away from your computer

Off-screen

Purpose

To create energy

When to run it?

- group size: any!
- Time: 5-20 mins
- When energy is low

How to run it?

- Let everyone know that we're all going to take a walk to get a break
- Add any specific instructions for their walk (e.g. it has to be outside)
- Give them a task to do on their walk (e.g. notice things that are the colour yellow)

Share a recipe



Description

Share stories and fun facts through recipes you've tried

Purpose

Build connection and find shared interests

When to run it?

- Good way to break the ice
- Any group size, limited to available time (2 mins x participants)

How to run it?

- In a round robin format, each participant talks over a recipe they tried recently 2 mins
- Participant shares a link with the recipe

Stretch & share



Off-screen

Description

Get the juices flowing while learning about the group

Purpose

Combine moving with human connection

When to run it?

- Icebreaker or energizer
- Any group size, limited to available time (2 mins x participants)

How to run it?

- Each participant shares a stretch and participants mimic it
- Participant shares something about themselves
- Participant calls on the next person

Team profiles



Description

Share details about each participant profile

Purpose

Get to know more deeply about each other

When to run it?

- Team is newly formed
- Onboard new team members
- Any group size (limited to available time)

How to run it?

- Duplicate next slide template to the amount of participants
- 10 mins for everyone to fill the profile silently using template in the next slide
- Each person presents their profile during 1 min each

Team profiles

Template, [figma reference](#)



Koji Pereira

SUPERPOWER

Predict my pets needs (or maybe that's their superpower?)

WEAKNESS

Anxiety, anxiety...

HOPE FOR 2021

Be able to travel to Brazil, visit my family and friends this year

INTROVERT



EXTROVERT

I WANT TO BE GOOD AT

Build B2B products that don't suck

I DON'T HAVE TO BE GOOD AT

Competitiveness

BEST TIME TO BE PRODUCTIVE

Any time I am in a flow – usually Tues



HOW TO WORK WITH ME

Over communicate

HOBBY DURING LOCKDOWN



Play bingo

Description

Take a break and play with others

Purpose

Have fun with others

When to run it?

- When there is a lack of connection
- When folks are bored
- When you feel like doing something different from work

Move
Human Connection
Games

Work from home bingo

WOKE UP 2 MINS BEFORE A CALL	DECORATED VIDEO CALL BACKDROP	BUSINESS ON TOP FUS ON THE BOTTOM	TOOK A BREAK FROM LOOKING AT THE SCREEN	HELD CHILD OR PET
HAD SOCIAL GATHERING ONLINE	ORGANIZED MY SPACE TO BE PRODUCTIVE	FORGOT TO UNMUTE WHEN TALKING	FORGOT TO MUTE WHEN YOU WANTED TO	MULTITASKED WHILE IN A MEETING
HIT REPLY ALL BY MISTAKE	DESCRIBED A CHILD OR PET	free	HAD BEER, WINE ETC DURING WORK DAY	PLAYED MUSIC WHILE WORKING
GOSE 2+ DAYS WITHOUT SHOWERING	WRO STOPPED WORKING DURING IMPORTANT MEETING	JUGGLED CHORES AND WORK DURING DAY	HAD SOMETHING EMBARRASING IN THE BACKGROUND	ON A CALL AT SAME TIME AS ROOMMATE/ PARTNER IN OTHER ROOM
FORGOT TO ADD LINK TO DIAL INTO MEETING	USED BATHROOM DURING MEETING	STARTED AND ENDED A MEETING ON TIME	HAD ROOMMATE OR FAMILY MEMBER CRASH VIDEO CALL IN BACKGROUND	TURNED VIDEO CAMERA ON

by @haileytemple and @dcanapubs

Hailey Temple from MURAL & Dana Publicover from NEON made this during the first lockdown in 2020!

How to run it?

- Create bingo cards
- Decide on a word, phrase or question
- The rest of the group needs to identify the words in the bingo card



Play Among Us

Description

Take a break and play with others

Purpose

Have fun with others

When to run it?

- When you feel like doing something different from work with your coworkers
- When you want to have fun with very different people

How to run it?

- Download Among us in a computer or cellphone
- Create a room virtually for the team to play
- As a team, join the room and have fun!



2 truths and a lie

Description

Have a group of people guess 2 truths and one lie about themselves

Purpose

Getting to know new team members

When to run it?

- To have fun
- To get to know team members better

How to run it?

- Collect 2 truths and a lie from everyone in the group
- Have one slide per person
- Per slide, have the person that wrote it describe the two truths and one lie
- Have everyone guess which one is the lie and why