

Workshop Menu

Sample topics that can be adapted for any event. More info on Hustle & Play at www.hustleandplay.com

#1 Introduction to Hustle & Play- reimagining time management

Until now, virtually all time management models have relied solely on the amount of time tasks take to maximize efficiency & productivity. While these methods often achieve results, they also leave folks burned out and disconnected from themselves.

Hustle & Play (H&P) is a new method for time-management that fuses research-based efficiency tools with proven wellness methods. Participants will learn the basics of H&P while having time to practice how it applies to their lives with fun, interactive activities.

#3 Building strengths-based reflection into your goal setting processes

Do you ever notice how much time goes into crafting the perfect plan for the perfect goal, but the implementation keeps to falling short? In this workshop we will explore the power of guided reflection to inform the way we use goals as one of many tools, instead of the only one that matters. Participants will have a chance to practice with and takeaway multiple tools to bring into team meetings, community organizing, or even into their personal lives if they want to.

#2 How to have more play in your life everyday

When you think about play in your life, what do you think about? Do you find yourself playing in your life as much as you want to? Why does it matter? This workshop is a fun way to explore the science of why play is vital for adults to create, reduce stress, & connect to others. Participants get a chance to explore their personal and collective history with play and brainstorm ways to build it into their everyday lives going forward. Folks will walk away with a tool to support this in their lives.



MORGAN SHIDLER - FACILITATOR

Morgan helps people enjoy their lives by bringing play to the front of their to-do list. She is the Founder of Hustle & Play™, a research-based framework that fuses personal development with time management. With an M.A. in Organization & Leadership and 15 years experience running Out of School Time Programs, she understands how play empowers learning and growth like nothing else can. She believes this is an antidote to burnout and the systemic injustices that enable it.