

[<Back](#)[Print](#)

## More Science evidence for LEGO SERIOUS PLAY!

By Trudi Horler,  
LEGO SERIOUS PLAY  
facilitator, Australia.

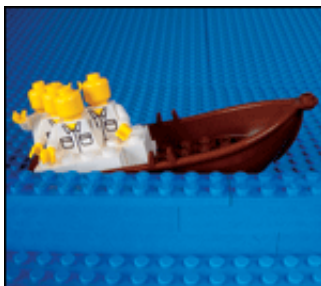
Is **LEGO SERIOUS PLAY** 'intuitively' a quality **Positive Psychology Intervention** capable of fostering extraordinary outcomes for individuals and organizations? Google search may hold the answer.

- [Positive Organizational Science?](#)
- [Positive Psychology Interventions?](#)
- [Read the Full Paper for More Evidence](#)

Having recently completed a Masters of Applied Positive Psychology as well as the LEGO SERIOUS PLAY facilitator training I was struck by the symbiotic relationship between LEGO SERIOUS PLAY and the science of **Positive Psychology**. When I googled 'Positive Psychology' I got approximately 26 000 000 hits; searching LEGO SERIOUS PLAY returned 1 250 000 hits; searching LEGO SERIOUS PLAY and Positive Psychology returned 67 000. Could we be heading for a 'tipping point'?

Both at the wider level and in the specifics, peer reviewed theories and research from Positive Psychology strongly align with features of LEGO SERIOUS PLAY; and support its potential to foster optimal functioning, productivity and performance in people, teams and organizations.

### Positive Organizational Science?



Essentially, the field of Positive Organizational Science studies the mechanisms and outcomes of our natural inclination to 'grow' in the light of the positive, in order to cultivate extraordinary organizational performance.

**Positive Organisational Science** is an umbrella concept that brings together a variety of positive approaches in organisational scholarship. These approaches contain three main elements: a focus on **strengths, capabilities and possibilities; a focus on virtuousness and meaning; and a focus on extraordinarily positive outcomes.**

Empirical evidence to date suggests that despite a naturally occurring negativity bias, when the positive is given greater emphasis than the negative, individuals and organisations are more likely to flourish. Essentially, the field of Positive Organizational Science studies the mechanisms and outcomes of this natural inclination to 'grow' in the light of the positive, in order to cultivate extraordinary organizational performance.

**LEGO SERIOUS PLAY as a method spontaneously and instinctively shines a light and draws forth the 'best' in people and teams to cultivate extraordinary performance and outcomes.**

### Positive Psychology Interventions?

Positive Psychology Interventions are 'treatment methods or intentional activities that aim to cultivate positive feelings, behaviors, and/or cognitions'. They include interventions that focus on positive topics, operate by a positive mechanism and/or are designed to



LEGO SERIOUS PLAY draws on the strengths and capabilities of participants and explores possibilities. It focuses on finding meaning and delivering extraordinary outcomes.

promote optimal functioning.

Likewise LEGO SERIOUS PLAY is an intentional activity that focuses on exploring questions, which have a positive focus, using a positive mechanism (the bricks); the process cultivates positive feelings, behaviours and thinking in participants, and is ultimately designed to promote ideal solutions.

Given that LEGO SERIOUS PLAY appears to qualify at the conceptual level as a quality Positive Psychology Intervention it is not surprising that on deeper analysis it is also reinforced by many current Positive Psychology concepts and theories.

## Read the Full Paper for More Evidence



The above is an excerpt from Trudi's paper about the science connection between the two concepts. You can download the full paper by clicking on Trudi's image to the left. Her article includes all the references and has plenty of suggestions for further reading.

Sincerely,

Tel: +45 24 67 23 50  
 Skype: lego\_serious\_play  
[robert@rasmussenconsulting.dk](mailto:robert@rasmussenconsulting.dk)

Rasmussen Consulting specializes in using LEGO SERIOUS PLAY to effectively harvest an organization's collective intelligence to enhance strategic behavior for better and faster decision- making. We are based in Denmark with offices in US, Japan and Singapore. [www.rasmussenconsulting.dk](http://www.rasmussenconsulting.dk).

### [Forward email](#)



This email was sent to [robert@rasmussenconsulting.dk](mailto:robert@rasmussenconsulting.dk) by [robert@rasmussenconsulting.dk](mailto:robert@rasmussenconsulting.dk) | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider](#).

Rasmussen Consulting | Ramsherred 12 | Assens | 5610 | Denmark