



HARD FUN IS EMBEDDED IN LEGO SERIOUS PLAY

As we write in our book *[Building a Better Business with the LEGO SERIOUS PLAY Method](#)*, it is impossible to imagine that the LSP method would work without the LEGO bricks –or without the **flow** concept.” To refresh our memory, flow is a condition where we are completely engrossed in a task, lose our sense of time and place and utilize our learning potential to the fullest. In this state we learn and grow optimally and enjoy a sense of **Hard Fun**. In short, Hard Fun means that our tasks are more enjoyable and more learning rich, when they are adequately difficult.

CREATING RULES OF ENGAGEMENT

In the twenty-five years since the launch of LSP, flow theory and its ties to positive psychology have continued to evolve, and with this evolution our understanding and appreciation of how and why LSP works has deepened. I was reminded of this recently when I reconnected with [Hans Henrik Knoop](#), who initially introduced me to the flow concept and for many years worked closely with Mihael Csikszentmihalyi, who originally recognized and named the concept.

Knoop is an international expert on flow, and his work is focused on flourishing in education, work, and society with a strong interdisciplinary approach. One of Knoop’s big ideas relating to the contribution of positive psychology in business is the impact of mapping how positive human interaction may generalize in ways that honor our needs for love and play simultaneously. It has been scientifically proven that we can create a context (or rules of engagement) where people can feel safe, feel that they belong and also compete. LEGO SERIOUS PLAY has an important role in creating “rules of engagement” for a sustainable, optimally productive future, where a high regard for healthy relationships, physical well-being, and good sportsmanship prevail.

POSITIVE PSYCHOLOGY IS USABLE KNOWLEDGE

If you are interested in diving more into the positive psychology I can strongly recommend HHK’s quick read book [Positive Psychology](#), which you can find on Amazon. Here are some quotes from his book:

“What on earth can we do with a concept called “positive psychology”? Should the rest of psychology be labelled negative then? And who gets to judge what counts as positive? Is it positive to smile at your boss if you disagree profoundly with her decisions? Does being positive mean going against our better judgment? Is it positive to motivate staff to work harder if they are already doing their best? We know the questions; they arise whenever positive psychology is discussed. And they are important because the idea of positive psychology can be stifling – and knowledge can be abused.”

“However, the fact that knowledge can be abused is not a good argument for rejecting it – as all things being equal there is a greater chance of getting into trouble if we do

not know what is going on. For example, if we do not know that psychologically we are more inclined to feel bad than good, we obviously risk feeling extraordinarily bad. Or at least worse than we would otherwise. Knowledge opens opportunities for us and positive psychology does not claim to be anything more than useable knowledge."

"What this new scientific field (positive psychology) first and foremost can do for us is to help bring about balanced growth for individuals, families, workplaces and societies, by simply qualifying and intensifying our focus on how we can thrive and bring out the best in each other."

Sincerely,



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