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WELL-BEING AND LEGO SERIOUS PLAY

What can LSP do about health and well-being?



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AROUND THE GLOBE

Meet Alexandra Mandoki

My background

Here comes the first challenge, to summarize that! I was born and raised in Hungary, behind the iron curtain. However, in our family this curtain had some holes to peek through: e.g. some of my predecessors lived in North America and Germany. My studies were equally non-typical: life sciences and marketing, that got topped up with strategy and innovation topics. Since 2008 I live in Zurich, Switzerland, as my 4th country of longer residency and I am home here with my partner, our cat and dog.

My start with the LSP Method

During one of my post-graduate studies I was part of a short LSP workshop and it was love at first sight. 5 weeks later I got certified

as facilitator in Dublin (thank you Michel!) and the journey began. I felt a new world opening up: up until that point, I was part or managed hundreds of ideation sessions, workshops and meeting – so knew the 20-80% feeling all too well. And that LSP uses play as its main principle, anchored the method into my main toolset immediately. Because as Shakespeare already said:

*“All the world`’s a stage,
And all the men
and women merely
players;
They have their exits
and their entrances,
And one man in his
time plays many
parts.”*

(As You Like It)

LSP brought to Hungary

Although working internationally, my home country Hungary plays a continued role in my personal and professional life as well. I am always trying to give back to colleagues there, so the idea was born to bring the LSP facilitator training to Hungary. Michel very kindly accepted the challenge, and 2021 saw the 4th group of facilitators trained in Budapest.

My work is like two (or sometimes more) puzzle pieces which form a great image together

In my practice as team and innovation guide, I combine methods to create the biggest sustainable impact for my clients at Sparks Guide. And as impact and purpose are vital for me, my work life encompasses an animal welfare organization as well. At this organization, FOUR PAWS, I help the Swiss team to create an even bigger impact and also contribute to global projects as we help more animals under human influence.

What fascinates me is the combination of two worlds I work in: the for-profit companies, mostly with shareholders as main stakeholders and the other world where purpose is the main reason for being. This is why after many years working at multinational Blue Chip companies, I decided to create my ideal mix of work. And I enjoy every minute of it, as the challenges and the successes are very much

the same. There are a lot of proven models the non-profit organisations can adapt from the corporates, and the biggest learning curve for any corporate is to find their purpose or when they are new to business, to start with that. And yes, the challenges are also very similar and I am happy to leverage my experience and toolset in both worlds. As every activity starts with the people, listening to them and helping them to do their best stands at the middle of my work.

Having this portfolio, LSP helps me in many ways and in short, I see LSP like Albert Szent-Gyorgyi thought about discoveries*:

“Discovery consists of looking at the same thing as everyone else and thinking something different.”

*He was a Hungarian biochemist who won the Nobel Prize in Physiology or Medicine in 1937.] He is credited with first isolating vitamin C and discovering the components and reactions of the citric acid cycle.

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MEET ALEXANDRA



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