



# My Whole Self

## My Whole Self: Desert Island Favourites

My Whole Self is the campaign for workplace culture change from Mental Health First Aid (MHFA) England. It's calling on organisations to empower employees to bring their whole self to work, and to support their own and others' wellbeing.

Inspired by BBC Radio 4's famous Desert Island Discs, this activity encourages team members to connect, discover more about one another, and find common interests. Through running this activity, you can empower employees to share a story about their whole self, perhaps linked to their favourite song, or a book they just couldn't put down.



**Suitable for:** Groups



**Time:** 1 hour (depending on the size of your team. If you have a big team, consider breaking into smaller groups)



**Materials:** A document or slide deck prepared in advance of the session that captures each team member's Desert Island Favourites

## Activity

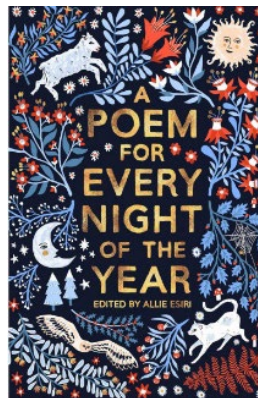
### Preparing for the session

1. Choose a time to hold your Desert Island Favourites session and advertise it in advance
2. Invite each team members to confidentially send you a list of their three Desert Island Favourites, one day before the session. As part of your invite to team members, you could include the following copy to set-up the premise of the session:
  - *"Imagine you are going to be castaway to a desert island – possibly forever! You can only take one book, one song, and one luxury item to the island with you. Which author, music, and product could you not live without? Share your list of three items confidentially beforehand and we will share them in the Desert Island Favourites session."*



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3. Collect the list of three items from each team member
4. Create a document to display each team member's choices
5. Create a page or a slide for each team member within the document that includes pictures of their chosen song, book, and luxury item
  - Do not reveal or include the team member's name – the page should only show the pictures
6. Create a randomised running order for sharing each team member's choices. Keep the running order private
  - Keep a confidential list of which three items belong to which team member. For example, your slide could look like the following:



- **Optional extra:** to add to the session you could create a playlist of each person's favourite songs. You just need to remember to order the songs in the same order as the running order. You can create the playlist on Spotify, or your chosen music streaming service, and you can then share it after the session with everyone as the team playlist.

### Hosting the session

1. Use your usual web conferencing platform to host the Desert Island Favourites event e.g. Zoom or Teams. Make sure your attendees know how to join a video call on the platform
2. Share your screen and your Desert Island Favourites document



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3. Kick off the session by reminding everyone of the three types of items they were asked to choose to take, should they be castaway to a desert island. For each page or slide in the document:
  - Talk your team through each team member's choices – but remember to just talk about the items and don't reveal who they belong to
  - **Optional extra:** if you created a playlist for the session then play a snippet of the song for each team member whilst showing the page with their chosen items
4. After you have told the group about the chosen book, song, and luxury item on the page then invite the team members to guess who is behind the choices
  - Whether the team guess correctly or not, invite the individual behind the choices to reveal themselves. Ask the team member behind the choices to explain the story of why they chose the items they could not live without and why they are their favourites – do they represent specific memories, relationships, or key milestones in their life?
5. Work your way through the running order until everyone's favourite song, book and luxury item has been revealed

### After the session

- **Optional extra:** if you created a playlist then share it with everyone after the session (e.g. by sharing a link to the Spotify playlist)