

Wrong room, enter chaos!

Booking the wrong meeting room.

Why a disruptor?

- Time wasted due to relocations and reorganization.
- Intruding on someone else's meeting = loss of focus and welcome inefficiency.

Fashionably late, as always!

Arriving late to a meeting / not showing up at all.

Why a disruptor?

- Reduced productivity and efficiency due to every interruption.
- Negative impact on team dynamics and professionalism.

Over-time meeting marathon!

The duration of a meeting has been misjudged.

Why a disruptor?

- Disruption of other work, leading to delays and reduced efficiency. Time is precious!
- Decreased morale and motivation due to frustration.

Oops, am I interrupting?

Disturbing during a focus moment.

Why a disruptor?

- Loss of concentration and focus, ultimately leading to reduced productivity.
- Decreased quality of work.

Desk-side conferences

Meeting at each other's desks in shared offices.

Why a disruptor?

- Disturbing colleagues due to a chaotic work atmosphere.
- Lack of privacy and professionalism.

Office megaphone in action!

Yelling across the office.

Why a disruptor?

- Reduced focus leads to increased stress, fatigue, and a negative impact on job satisfaction.
- Inefficient communication due to a chaotic and unprofessional work environment.

Desk dining deluxe

Eating at the desk instead of in the dining area.

Why a disruptor?

- Causes health and hygiene issues.
- Reduces the quality of breaks, thus decreasing productivity

Ring-ring, meeting bling!

A phone ringing during a meeting.

Why a disruptor?

- Disruption of concentration and flow: you can't multitask!
- Can be perceived as unprofessional and disrespectful.

Interrupt-a-meeting

Interrupting someone else's meeting.

Why a disruptor?

- Loss of continuity, flow, and focus.
- Negative impact on team dynamics, motivation, and trust.

Five minutes of fame

"Do you have 5 minutes?"

Why a disruptor?

- Disruption that continuously takes you out of focus: multitasking doesn't work!
- It might be fun, but it leads to extra fatigue.

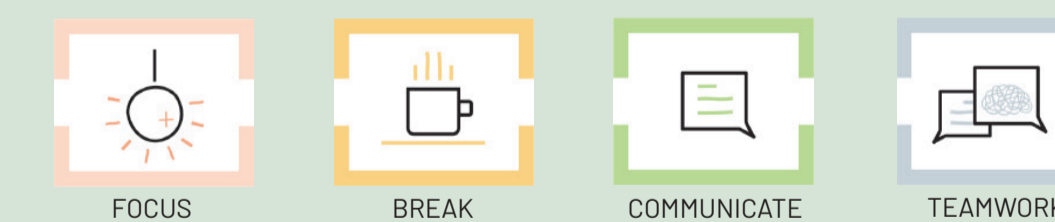
LET'S PLAY!

Ground rules

- 1 PREPARATION**
Everything starts with good preparation! Ensure a workspace with enough areas to focus, communicate, collaborate, and relax. Preferably make this visually clear in the space.
- 2 GAME FLOW**
All disruptors are located on the outside of the game board.
TRACKING DISRUPTORS
Every time you/someone disturbs a colleague, color in a dot next to the appropriate disruptor.
GAME OVER
If you reach the central area, then it's GAME OVER! This means there's work to be done, and you immediately know what your biggest focus point is!
- 3 WINNING OR LOSING ?!**
NO DISRUPTORS IN THE MIDDLE?
Party, the organization treats all participants!
TOO MANY DISRUPTORS?
No problem, you'll have a new chance next month...

Why ?

Our game is perfect way to create a more productive work atmosphere for you and your colleagues. This board game clarifies what causes the most disruptions in the office. You'll be surprised at how often we unconsciously disturb someone!
It's a playful way to start important conversations about **healthy noise hygiene, efficient meetings, and taking healthy breaks.**



UPSPACE

GAME OVER!

we disturb each other the most with

DANGER

DISRUPTORS

Good luck!
Team UPspace