










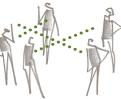















Human needs matrix

	Alone	Pair	Small group	Medium group	Large group
Connect 	Ideas + information 	Across the table 	Around the table 	Meeting 	Meeting 
Discover 	Creative thought 	Co-creation 	Co-creation 	Co-creation 	Learning 
Focus 	Heads down + making sense 	Solving + co-creating 	Co-creating + decisions 	Co-creating + strategy 	Strategy + directional 
Restore 	Resting + reflection + self-care 	1 on 1 care 	Nurturing care 	Wellbeing 	Communal care 