



Joyful Journeys: Unleashing the Power of Joy in Continuous Improvement



Tracy O'Rourke

Owner
Catalyst & JIT Cafe

April 30, 2025

9:00 a.m.

www.kainexus.com/kainexicon

MS. FIXALOT



Choose Joy



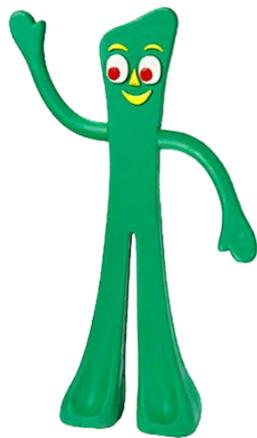
Then, Discover What Brings You Joy at Work



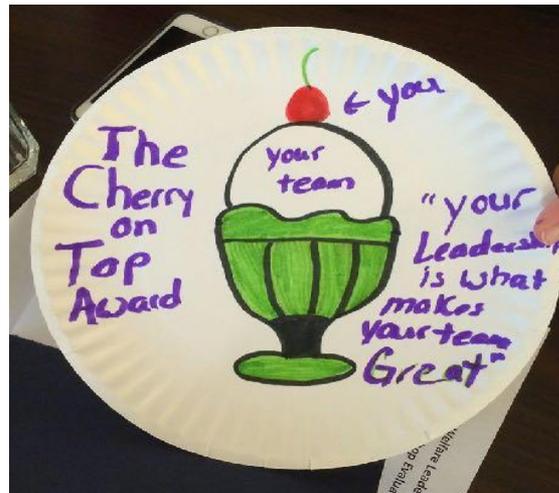
Find Joy in Small Wonders



Gratitude



Gumby



Paper Plate Awards

Be Curious, Like a Kid



Use Your Senses

Joy often sneaks in through the senses

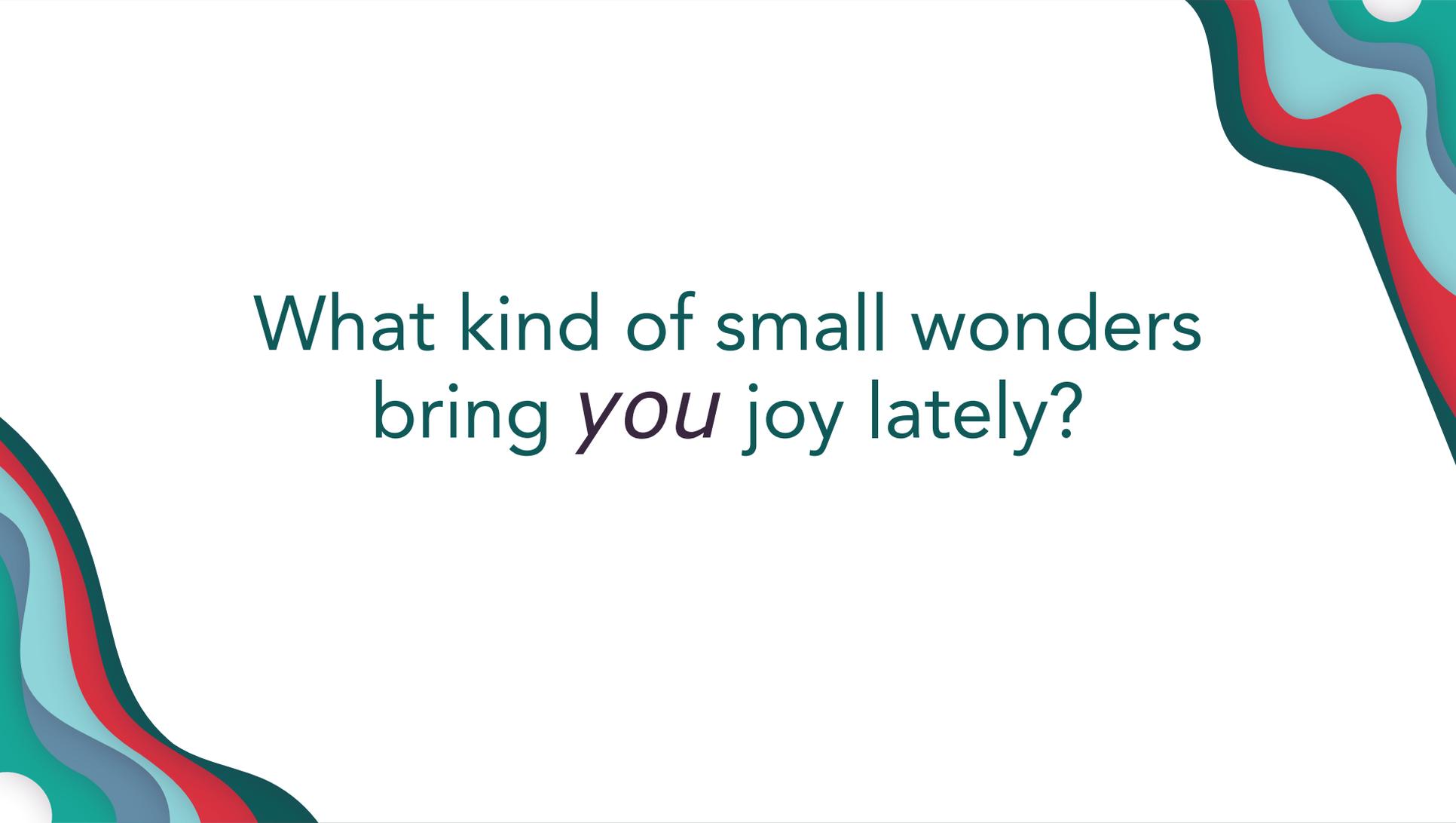


Practice Mini-Mindfulness



Finding Joy in Small Wonders at work and with Continuous Improvement

- Start with Gratitude
- Be curious, like a kid
- Use your senses
- Practice mini-mindfulness



What kind of small wonders
bring *you* joy lately?



Marie Kondo



PLAY



TIDYING UP WITH MARIE KONDO

Author of: *The Life Changing Magic of Tidying Up*
The Japanese Art of Decluttering and Organizing

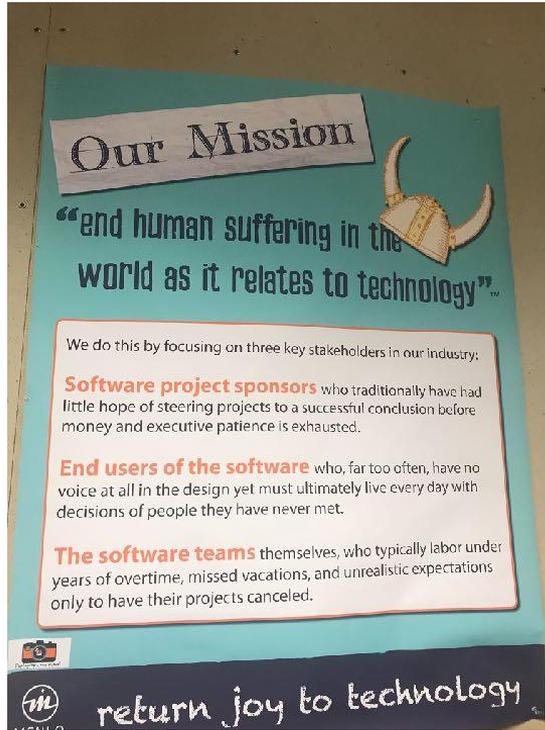
Does It Spark Joy?





Can you remove or minimize
anything that doesn't
spark joy?

Menlo Innovations



“We've learned that joyful workplaces create the freedom to invent, to experiment, to fail, to learn, and to try again—with no penalty for failing.”

- Richard Sheridan

BOOKS



“It is my goal to make a stand for leading with joy as something that you not only can do but something you **MUST** do.”

– *Richard Sheridan*

Menlo Culture



"In a truly joyful organization, people aren't forced to be there; they truly want to be there."

-Richard Sheridan

Japan Study Tour



Ina Foods



Chairman Hiroshi Tsukakoshi



“Everything we do is based on keeping people happy. If we focus on how we can keep people happy, the rest will follow.”

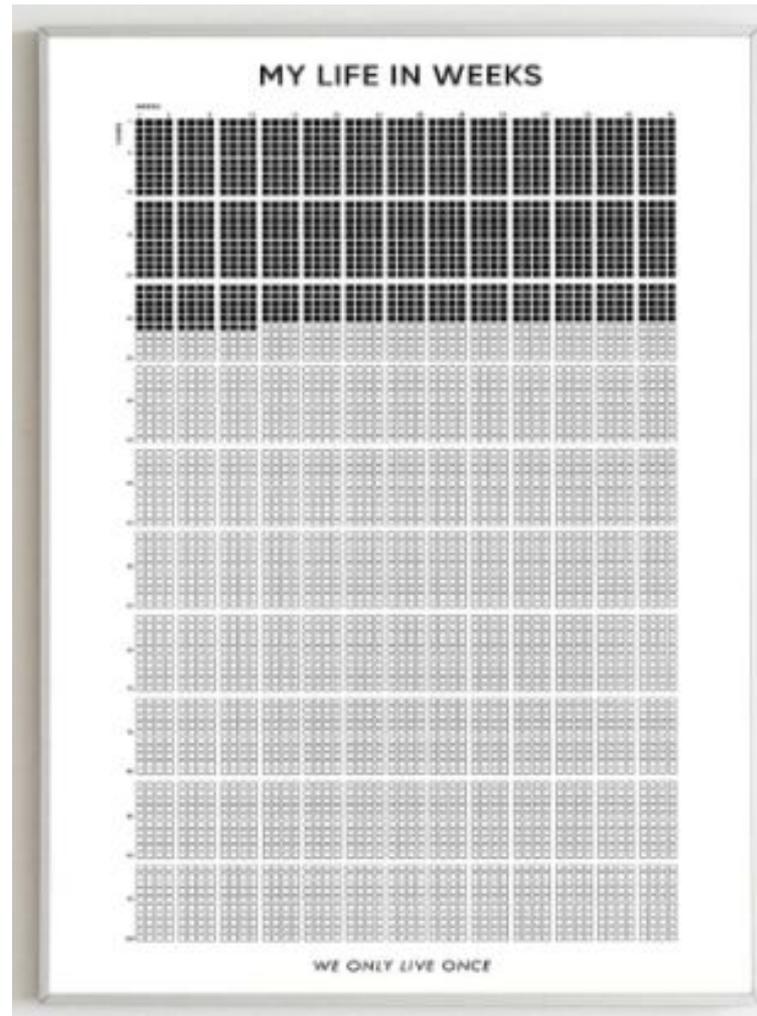
-Hiroshi Tsukakoshi



100 Year Calendar

“Somewhere on here is the date of your death.”

What do you want to achieve in the time you have left?

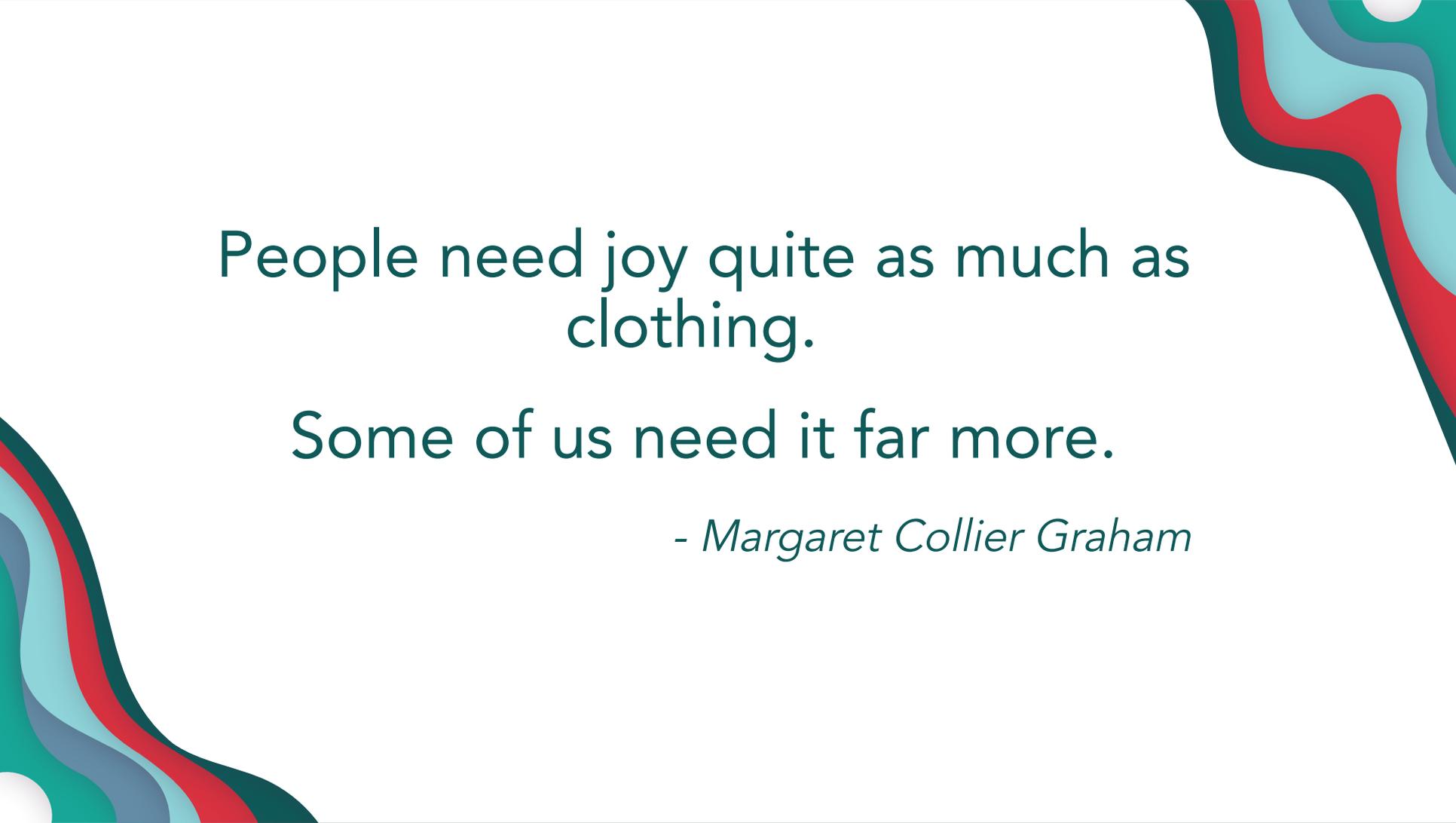


Finding Joy at Work and in Continuous Improvement

Choose joy
Find what brings you joy at work
Include joy everyday

Find Joy in Small Wonders

- Start with Gratitude
 - Be curious, like a kid
 - Use your senses
 - Practice mini-mindfulness
-
- Remove or minimize things that do not spark joy



People need joy quite as much as
clothing.

Some of us need it far more.

- Margaret Collier Graham



Thank you!

Stay in touch!

Email: Tracy@JITCafe.com

[linkedin.com/in/tracy-orourke](https://www.linkedin.com/in/tracy-orourke)



Tracy
O'Rourke

GET YOUR FREE POSTERS



5S Poster



8 Wastes Poster



Free Posters



Baby Got
Tools
Music Video



5S Baby!
Music Video



tracyaorourke.com