

Origami Odyssey

2025

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Strategic Initiatives
(COSI)

Overview

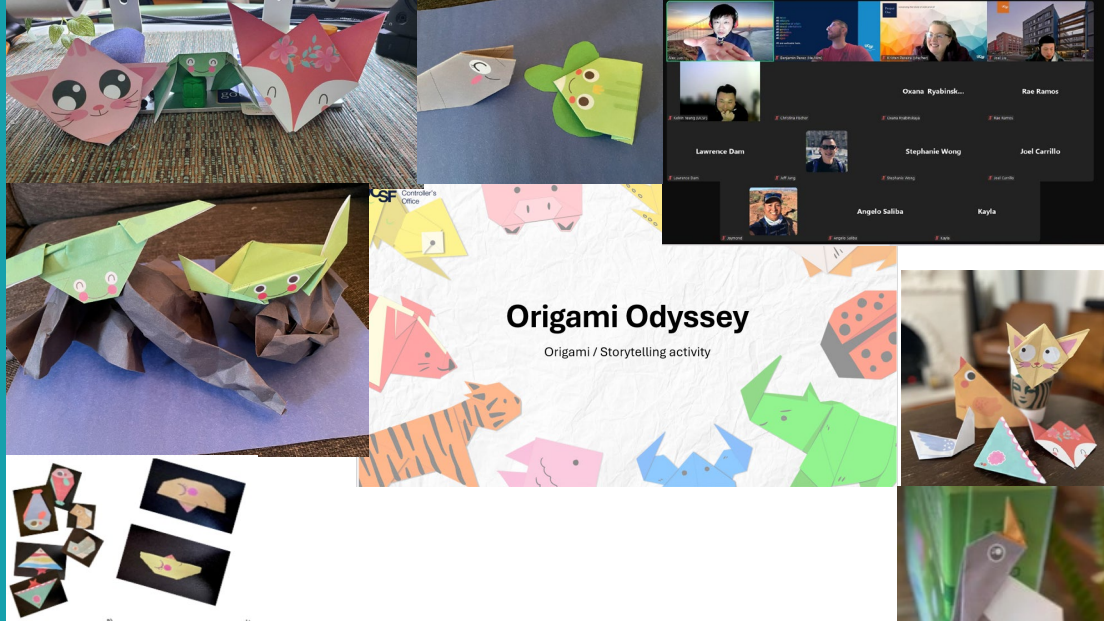
COSI is passionate about improving work/life balance and finding meaningful ways to disconnect and recharge. They expressed interest in developing emotional and social wellness pillars while being enthusiastic about friendly competitions that promote healthier habits and strengthen social connections

Data Snapshot

We held 2 office hours on 1/24 and 2/21 to connect, answer general questions from the COSI team, and provide an hour where participants could create their favorite origami from a variety of 100 different options. We also brainstormed and shared resources on how to create a short story. We shared the Hero's journey and the story mountain planner frameworks. We had an average of 71% participation during office hours, while we achieved a 47% completion of the activity.

Resources

[Participant's Booklet](#)



Project Details

The COSI team enhanced diversity and inclusivity through an Origami & Storytelling Competition designed to strengthen team cohesion while encouraging cultural exploration and learning. Each participant received a kit with premium origami materials, folding instructions, and a cultural booklet.

Participants used the two office hours to share their progress with their origami figurines and ask questions about crafting a great short story. The storytelling component allowed participants to share their unique perspectives, experiences, and cultural backgrounds.

At the end of our project, the activity proved to be effective in creating space to take a break and positively impacting emotional well-being while boosting team collaboration. Creating an origami figurine provided participants a creative outlet that allowed them to relax. Also, since our team is remote, this activity was great for teambuilding and overall wellbeing, keeping the team engaged and participating in an 'out of the ordinary' project.

Project Challenges

Time and team availability were common themes for our team members to complete the activity. Setting and sharing a timeline and the list of milestones helped participants to keep them on track. To keep the team engaged, we also shared some resources and tips on how to create a compelling short story. Overall, the team provided very positive feedback on the activity and how easy they feel whenever they need to take a break and disconnect from a busy day.

Lessons Learned

Overall, the program was a great success within our team, and we are very grateful for the opportunity to improve in our wellness. In the future, our team will focus on interactive activities that can be done remotely and boost belonging, team building, and connection.



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