

Kristin Neidlinger, Khiet Truong, Hermie Hermens, Vanessa Evers

Illuminated biofeedback for the flow state and teamwork

Creatively working together in a team is necessary to build future treaties, yet with different cultural backgrounds and perception styles it can prove challenging and sometimes stressful. Communication is a vast arena with many levels people are not always conscious of. Innate primal cues like the color of oxygen levels in skin tone are subtle signals that possibly unnoticed, may play a large part of interpersonal synchronization and group cohesion. Also, teammates are often hesitant to show their feelings to those they do not know well, yet this very vulnerability builds a base of trust needed to collaborate. Here we present the results of a guru pilot study to highlight the effects of illuminated biofeedback for team dynamics. For the protocol, team building improvisation exercises were co-designed with the guru. Then, an illuminated biofeedback collar paired to a Galvanized Skin Response (GSR) sensor to translate excitement levels to a five color scale. Two conditions were recorded, illuminated feedback and without the illuminated feedback. It was found that with the illuminated groups, the leader more readily accessed their personal flow state by being able to respond more attentively to the group's color feedback. When the group noticed others colors, they responded quicker. They synchronized in color during collective tasks and separately if someone was put on the spot. In turn, the GSR data was also more synced in the groups with the colors displayed. By enhancing physiological data in this feedback loop, a new communication was formed to enhance personal flow state and teamwork.