



1. Workshop Title and Subtitle

WHAT'S SO FUNNY?

Understanding and applying humour at work

2. “The human race has one really effective weapon, and that is laughter.” (Mark Twain)

Growing public and academic acceptance suggests that humour offers a string of benefits. When applied appropriately, it reduces stress hormones, makes people feel good, helps develop relationships and promote an open and all-together more relaxed atmosphere.

3. Workshop Aim

The aim of the proposed “WHAT'S SO FUNNY?” workshop is to:

- Understand the value and benefits of humour at work
- Explore if, when and how humour might be helpful in building positive work/client relationships
- Discern the dynamics of own vs. shared humour – and where to draw the line
- Build awareness of culturally sensitive humour and laughter

4. Brief Intro

This innovative workshop gives participants the opportunity to explore how humour and laughter might benefit the business setting. It is especially suitable for anyone ready to take humour “seriously” and interested in exploring how it could be used to develop better rapport.

The participants will embark on a fun, creative and interactive journey of humour and laughter. They will be given tips and specific examples on how to make effective use of life’s most effective stress antidotes.

Join us for one of our innovative “WHAT'S SO FUNNY?” workshops to think creatively about the benefits of laughter and for some inspiring insights into the sense in humour.