



HUMOR IN THE WORKPLACE

Improve productivity and morale

Liysa Callsen

www.liysacallsen.com

WHEN YOU THINK
OF HUMOR



HUMOR VS. COMEDY

Humor = something that makes you smile

Comedy = something that makes you laugh



HUMOR FACT – HEALTH BENEFITS

- Humor relaxes muscles
- Decreases blood pressure
- Improves our immune system

Ha! Laughing is Good for You! By Amy Toffelmire. Canoe.ca, April 2009



HUMOR FACT – IMPROVES HEALTH

- Laughing burns calories

- 100 times = 10 min on a bike



- 15 min of laughter = 90 minutes of rest



HUMOR FACT – EMOTIONAL BENEFITS

- Relieves stress
- Improves mood
- Enhances resilience



HUMOR FACT – SOCIAL BENEFITS

- Strengthens relationships
- Enhances teamwork
- Defuses conflict
- Promotes bonding



SENSE OF HUMOR IN JOB CANDIDATES

Q. In a study of 700 CEOs, what percent preferred a sense of humor in the candidates?

HOW TO BEGIN AT YOUR WORK?

GRANT
PERMISSION



DID I SAY THAT!? APPROPRIATE HUMOR

- Appropriate humor is inclusive.
- It brings people together.
- It is shared with all.
- It encourages a positive atmosphere.
- It is supportive and builds confidence/ and trust.
- It can be self-effacing (how to poke fun at oneself without being negative or too self-critical).



WHAT'S YOUR HUMOR

- Get to know your department
- Engages all levels of staff
- Leaders infusing humor
- Contact me for more tools!



ACTIVITY - KNOW YOUR PEERS

- The celebrity name you are tired of hearing?
- The superpower you would most like to have?
- Your idea of a good surprise?



HUMOR IS EVERYWHERE

- Perspective!
- Spin A Situation!
- Find the ~~silver~~ humor lining!
 - Wool, Leather
 - Airport



HUMOR BULLETIN BOARD



GOOFY DAYS

- Mismatched sock day
- Ugly hat day
- Show and tell
- Be inspired!



IMPROV MINDED

- Yes, And
- Keep an open mind
- Reduces negativity



CONDUCTED STORY



Do

- Grant Permission
- Use Acceptable Humor
- Find Team Boundaries
- Take Turns
- Practice
- Ask for inspiration

DON'T

- Squash It



WHERE TO FIND ME

- Facebook
- Twitter (codadiva)
- LinkedIn
- Liysacallsen.com
- liysacallsen@gmail.com
- Your Office

