



# JEST PRACTICES: Humor in the Workplace!

CRAIG HARRISON



**WHAT ONE ESSENTIAL INGREDIENT can increase productivity, enhance team building, encourage creativity and improve esprit de corps in the workplace? You guessed it...HUMOR!**

Humor has physiological, psychological and practical benefits. It helps us clear our heads, stimulate mentation, and entertain ourselves and our co-workers. It makes hard tasks easier and actually creates an environment conducive to success. Just as an apple a day keeps the doctor away, so too does a fun environment keep a workforce happy and healthy. It's no coincidence that when the humor quotient rises the absentee rate declines and retention rates rally.

**JEST PRACTICES** shows you how to introduce fun, laughter and appropriate humor into your work environment. It helps you recognize and value your own humorous side, while also facilitating teamwork and the appreciation of others. Learn from the **JEST PRACTICES** of other successful organizations too.



## Learning Objectives

- ▶ Discover five ways to enliven your work environment
- ▶ Learn six methods of invigorating meetings with humor to engage participants
- ▶ Develop daily practices for loosening up at and beyond work
- ▶ Techniques for breaking out of ruts at work
- ▶ Differentiate between humor's use as a shield, a sword and a bridge



## How The Presentation is Delivered

Examples, worksheets, role plays and anecdotal stories all help audience members appreciate ways of harnessing humor to help relieve stress, relate better to co-workers and maintain equilibrium in pressure situations.



## About Your Presenter

Since the age of eleven when he went door-to-door selling "Used Jokes," Craig has been employing humor to entertain and educate his audiences to express their excellence. In 2003 Craig founded [www.LAUGHLOVERS.US](http://www.LAUGHLOVERS.US) in the SF Bay Area to promote humor in the workplace. In 2004-05 Craig served as president of the NATIONAL SPEAKERS ASSOCIATION's Northern California chapter. Today Harrison trains and coaches professionals in high-tech, banking, medical and other fields to not only communicate with confidence and clarity, but with levity too! Let him enliven your workgroup or audience to help them express their excellence.



Sales & Service Solutions Through Speaking

PO Box 5965

Berkeley CA 94705

(510) 547-0664 - Direct

[Craig@ExpressionsOfExcellence.com](mailto:Craig@ExpressionsOfExcellence.com)

[www.ExpressionsOfExcellence.com](http://www.ExpressionsOfExcellence.com)

[www.ExpressionsOfExcellence.com/humor.html](http://www.ExpressionsOfExcellence.com/humor.html)

