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 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.