



HUMOUR AT WORK

"Laughter is the shortest distance between two people." - Victor Borge

Would you believe that a humorous manager is more productive than a manager without a good sense of humour? A humorous manager usually has staff that are more loyal and more likely to give discretionary effort to the organisation. People perform better when they are in a good mood. But how do we use humour appropriately in a professional setting? Explore the benefits of incorporating humour at work and how it can improve employee well being and productivity. Whether you're a manager looking to improve team dynamics or an employee wanting to lighten the mood, this course is sure to provide valuable insights and practical tools.

Key Course Content:

- Understand the value of humour in the workplace and its impact on employee morale and productivity
- Be creative in adding fun to tasks
- Ensure your team interact with each other and don't overly rely on technology to communicate
- Understand the psychological impact of humour
- Link humour to engagement levels
- Find a positive in every occurrence
- Replace negative vocabulary with positive phraseology
- Remove unnecessary negative behaviours from your workplace
- Build a happy workplace persona
- Gain an appreciation for the role of humour in reducing stress and promoting a positive work-life balance.
- Learning how to use appropriate humour to diffuse tense situations and create a positive work environment



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated 1/2 -day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.