

Finding the Funny in Change

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Humor Works

“Your Emotions Inside
Affect Your Energy Outside
Which in Turn Affects
Those Around You”

Cesar Millan

Why Humor????

- ▶ It Introduces You and Makes You Approachable
- ▶ Connects You to Others
- ▶ Diffuses Tense Situations
- ▶ Breaks the Ice on Tough Topics
- ▶ Gives You a Short-Term Mental Win
- ▶ Makes You More Creative
- ▶ It's Healthy

Health Benefits

**WHAT DOES IT FEEL LIKE
WHEN YOU LAUGH??????**

Health Conclusions

LAUGHTER. . .

- May Raise Endorphins
- May Boost Our Immune System
- May Increase Blood Flow
- May Boost Levels Of Good Cholesterol
- May Cause Deeper Breathing
- And It Even May . . . Burns Calories. . .

Laughter and Your Weight

**On Diane Sawyer's show,
Dr. Richard Besser said:**

**15 minutes of laughter =
30 minutes of aerobic activity**

**“and if you can laugh while on the
treadmill, that's even better.”**

Health Benefits

LOMA LINDA RESEARCHERS ALSO FOUND. . .

- **Just Anticipating Laughter Is Good**

AND . . .

- **Silent Laughing Is Good Too**

AND NOW OTHER RESEARCHERS ARE FINDING

- **Laughing When There's Nothing to Laugh About is Good**

Introducing....

LAUGHTER YOGA

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Health Conclusions

AND THIS MEANS. . . .

- LESS PAIN
- LESS STRESS
- LESS WEIGHT
- LESS HEALTH PROBLEMS

Yet We Spend

- **MILLIONS A YEAR ON GYMS/SPAS**
- **BILLIONS A YEAR ON TREATMENTS/WEIGHT LOSS PRODUCTS**
- **TRILLIONS A YEAR ON HEALTH CARE**

Why Don't We Use More Humor?

- ▶ **My Topic Is Too Serious**
- ▶ **I'm Gonna Fail**
- ▶ **I'm Not Naturally Funny**
- ▶ **Afraid You'll Offend People**

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

**Put Yourself In The Other Person's Shoes,
And Say What Their Sarcastic Voice
Is Thinking**

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

- Tense, Not Hostile
- Don't Use It When You're Angry
- Doesn't Have To Be Belly Laugh Funny

Diffuse Tense Situations

Get the Big Elephant Out on the Table:

Quick Survey: How Many People Think. . .

Good News/Bad News

Top Lists

- ▶ Top Things You'd Rather Be Doing
- ▶ Top Ways To Deal With This Issue
- ▶ Top Reasons We're Here
- ▶ Top Signs We Need This Meeting
- ▶ Top People . . .

TOP LIST – Now you try it:

List 2 Things AI Can't Do In Your Job!

TOP LIST – Now you try it:

- ▶ **Appear to be empathetic when someone is complaining**
- ▶ **Vote for favorable legislation**
- ▶ **Buy a birthday card to celebrate a staff's birthday**

Label Like a Comedian

Predictions Of The Past

A 1950 Popular Mechanics article predicted that by the year 2000:

- there would be plastic plates that would melt in hot water and wash down the drain.
- we would wear thin rayon underwear that chemical factories would buy to convert into candy.

And Now 2020 - 2023????

- Robots with a conscientious.
- ✓ • Space tourism.
- Computers embedded everywhere, including our skin.
- Communicating with Extraterrestrials.
- Animals, such as apes, doing chores around the house and **DRIVING US AROUND.**

Great Quotes of Visionairies

- "Inventions have long since reached their limit, and I see no hope for further developments,"
Roman engineer, Julius Sextus Frontinus, A.D. 10.
- "Despite the trend to compactness and lower costs, it is unlikely everyone will have his own computer any time soon,"
Reporter Stanley Penn, *The Wall Street Journal*, 1966.
(That's why he should report and NOT predict!)
- "By the turn of this century, we will live in a paperless society,"
Roger Smith, chairman of General Motors, 1986.
(Now that companies are expecting one person to do the job of 3, we aren't paperless, we're people-less!)

(book: Bad Predictions)

Great Quotes of Visionairies

**“Life Does Not Make
Sense Until You Look
At It Backwards”**

Steve Jobs, Apple

Speaking of Words and Labels

How Many People Are Truly Happy???

WATER

Water From Different Sources Forms Different Ice Crystals

Hypothesis

You Can Change The Ice
Crystals In Water, Depending
On What You Do To The Water.

MUSIC!!

It's The Vibrations!

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Speaking to Water?

We Are Water!

**“If our words can do this to water,
what do you think they’re doing to
US?”**

What The Bleep Do We Know

“The lesson that we can learn from this experiment has to do with the power of words. The vibration of good words has a positive effect on our world, whereas the vibration from negative words has the power to destroy.”

Masaru Emoto

The Hidden Messages in Water

MSNBC Reports On Laughter

**“Contrary to folk wisdom,
most laughter is not about humor;
it is about relationships between people.”**

Robert Provine, Professor Psychology
University of Maryland

MSNBC Reports On Laughter

“We don’t decide to laugh at these moments. laugh at these moments. Our brain makes the decision for us. These curious “ha ha ha’s” are bits of social glue that bond relationships.”

Robert Provine, Professor Psychology
University of Maryland

Re-Focus Like a Comedian

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Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Find Contradictions And Inconsistencies
Between Things

Kids do this all the time. . .

Pull Out The Irony

Look around you and see if you see any ironies here at this event.

Activities

Location

Volunteering

Agenda

Give-Aways

Decorations/Food

Past Events

Company Name

Demographics

Community

Products & Services

Temperature

Room Set-up

News

Time of the Year

People

Extreme Solutions

**How Would I Solve This
If I Could Solve It
Any Way I Want?**

Extreme Solutions

What are some of your changes and/or headaches?

Fallout From COVID – Backlog, etc. . .

Changing Rules/Regs

Political Climate/Change of Boss's

Keeping up with Technology

Dealing with Difficult People

Gen Z in the Workplace – They Want Different Things

Attracting New Workers/Getting Employees to Stay

Extreme Solutions

What are some Extreme Solutions to attracting and keeping GEN Z Workers?

- **Let them bring their pets to work – they spend more than Millennials on their pets**
- **Offer Free Salads – 7% are Vegan**
- **When they have to give a presentation, let it be a 3-minute YouTube clip – 86% said YouTube was their favorite brand**
- **Include a tattoo piercing station at the company picnic (25% have one - make it the company logo!)**
- **Hold Staff Meetings at a Shopping Mall –they shop about equal amounts online and offline each week**
- **Make sure the furniture in their office is worn out – 80% of them shop for second-hand items**

Extreme Solutions

What are some **EXTREME SOLUTIONS** to dealing with difficult people?

- ▶ Have a padded room available where you can go and scream about them after you've been nice to them.
- ▶ Have a camera with a warning sign "you will go viral on YouTube if you aren't nice."
- ▶ Jot down all the craziness. . .and write a book about your experiences later.
- ▶ Use humor with them (if they're not hostile).
- ▶ Put in a boxing arena and let 'em duke it out.
- ▶ Charge \$1 for every negative comment someone makes.
- ▶ **Propose a reality TV show on the dramas of government finance – make millions!**

Extreme Solutions

What are some **EXTREME SOLUTIONS** to stopping people from retiring?

- ▶ **Move your offices to WalMart so they can be greeters AND still work part-time with you.**
- ▶ **Scare them into staying. Send them facts and figures about how people who retire die within the first year of retirement.**
- ▶ **Make them want to stay. Tell them about all the cool office changes that will soon be taking place: Free Beer Friday, new policy for every year of service you get 1 minute in a cash vault to grab cash, etc. . .**

When You're Networking

ASK FUNNIER QUESTIONS TO GET TO THE INTERESTING STUFF

- ▶ Do I/they have any interesting/funny hobbies?
 - ▶ Have I/they had any weird/funny past jobs?
 - ▶ Are there any unusual facts about my/their family?
 - ▶ Has something funny happened on a vacation?
-

Define Something

- BFF – Best Friend Forever
- BTW – By The Way
- TTYL – Talk To You Later
- LOL – Laugh Out Loud
- LMBO – Laughing My Butt Off

Define Something

- BFF – Best Friend Fell*
- BTW – Bring the Wheelchair*
- TTYL – Talk To You Louder*
- LOL – Leaking On Linoleum*
- LMDO – Laughing My Dentures Out*

Fun With Your Acronyms

- **RFP** – Request For Proposal
- **HMO** – Health Maintenance Organization
- **CMS** – Centers For Medicare & Medicaid
- **COLA** - Cost of living adjustment
- **TIF** – Tax Increment Financing
- **SEP** - Simplified Employee Pension
- **IRS** - Internal Revenue Service
- **IRC** - Internal Revenue Code
- **EFT** - Electronic Funds Transfer

Fun With Your Acronyms

RFP – Really Frustrating Paperwork

HMO – Having Many Oops

CMS – Office Of “Confusing Medical Stuff”

COLA – What I add to my rum after a tough day

TIF – Taking It From Us

IRS - Intimidate. Runover. Scare.

IRC - Income Revoked from the Community

EFT - Everything Flying Through the air

Use Idioms

- ▶ “A Penny Saved Is A Penny Earned.”
- ▶ “Hold Your Horses.
- ▶ “Rome Was Not Built In One Day”
- ▶ “Idle Hands Are The Devil's Tools”
- ▶ “Money Doesn't Grow On Trees.”
- ▶ “A Fool And His Money Are Soon Parted.”
- ▶ “Everything But The Kitchen Sink.”
- ▶ “Great Minds Think Alike.”
- ▶ “It Takes Two To Tango”
- ▶ “You Can't Take It With You”
- ▶ “Pass The Buck”
- ▶ “Practice Makes Perfect”

Use Idioms

- ▶ “A Penny Saved Is A Penny That Should Be On The Receipt You Submitted.”
- ▶ “Hold Your Horses. They Are Not allowed in the Building.”
- ▶ “Rome Wasn’t Built In A Day. And Neither Was Our Computer . . . Sorry For The Delay.”
- ▶ “Idle Hands Are The Devil's Tools. So Show Up At This Week’s Meeting and Be Saved!”
- ▶ “Money Doesn’t Grow On Trees. Because if it did, my desk would be in the garden.”
- ▶ “A Fool And His Money . . . Are Still Welcome in Our City.

LOOK FOR THE HUMOR. .

**“What ever you are feeding attention to,
you are giving it power.”**

Cesar Milan, The Dog Whisperer

Stay Present

**Find something that brings you back
to the present:**

- A Mantra
- Meditation
- Breathing
- A Beer?
- Risky business

Stay Present

“Time is the cause of our suffering. . . because we’re always looking behind us or looking ahead. All negativity is caused by the accumulation of psychological time and denial of the present.”

Ekert Tolle, “The Power of Now”

Jan's Quick Humor Tips & Rules

AND WHAT CAN YOU JOKE WITH?

- **YOURSELF/YOUR COMPANY**
- **VISIBLE PEOPLE**
- **RULES, REGULATIONS, POLICIES AND INDUSTRY JARGON**
- **THE PHYSICAL ENVIRONMENT**
- **COMPETITION**

Jan's Quick Humor Tips & Rules

- Only make fun of a group you're a member of
- Don't do the obvious joke
- Watch it when it comes to women
- Don't say something about someone that you wouldn't say to their face
- Watch the industry climate/sensitive subjects
- Be true to yourself

Finding the Funny in Change - Recap

- **Get The Big Elephant Out On The Table**
- **Label Like A Comedian**
- **Re-focus And Find The Funny**
 - **Ask Funnier Questions, Extreme Solutions, Definitions, Top Lists, Idioms**
- **Stay Present**

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