

Humor Quest Workshops

Using Humor to Maximize Living: Basic workshop

This basic session is an overview of the cognitive research on the benefits of the positive emotions with a focus on humor. The *Top Ten* ways that humor benefits both personal and professional living are explored “Letterman style”. Participants will review humor research basics that include how to integrate humor and play into daily living.

NOTE: This session is designed as the basic workshop and can be a stand alone keynote for an hour.

Additions; The following topics can be added to the basic workshop for additional time based on interests.

- **Your Brain On Humor – one additional hour**

This interactive workshop based on neuroscience will have your brain swirling with strategies and ideas that you can use to develop your humor practice. If you believe that fun, laughter, play and humor can positively impact the world, this workshop is for you! Join us as we focus on nurturing your humor being!

- **Make My Day—One additional hour**

Customer service is critical in today’s world. What do people “feel” when they enter your workplace? Is it evident that the culture of your organization is cheerful, energetic and enjoyable? This engaging session offers practical suggestions for creating an optimal work environment for both stakeholders and clients.

NOTE: This workshop is ideal for organizations and businesses that work with the public.

- **Humor in a World of Hurt – Two—three additional hours**

Many people experience extreme stress both in the workplace and in their personal lives. This workshop explores the therapeutic role that humor can play to combat this stress and increase productivity. Humordoomer behavior and inappropriate humor will be explored. Participants will leave with specific suggestions on improving their humor practice.

NOTE; Appropriate for employers/employees in high stress jobs

- **Your Humor Style is Your Communication Partner – One Additional hour**

Take a humor styles inventory in this interactive session designed to help you explore your sense of humor. Participants will learn how to use their humor strengths to purposefully increase their humor usage and positively impact their wellness lifestyle. Great workshop for those interested in improving communication skills.

- **Humor; The Educator's Tackle box** Two to **Three Additional Hours**

Fish for humor strategies that have been indicated in current research to improve communication and increase long-term memory. Jump on board with this action packed session, and you will fall “hook, line and sinker” for this approach to maximize learning! You will navigate the cognitive research that identifies the benefits of using humor in the classroom. Opening the Educator Tackle Box, you will explore purposeful ways to use humor to strengthen relationships and increase memory retention. Leave with a “catch” of powerful ways to 1. Capture attention with humor (hook); 2. Learn how to manipulate information in the working memory using humor (line) 3. Use humor in assessment and feedback to increase memory retention (sinker). Leave this session with joy in your heart and humor strategies for your classroom.

- **Developing a Humor Being is Essential to Learning!** **One Additional Hour**

Nature or Nurture? How does your temperament impact your humor development? What role do parents and teachers play in nurturing a sense of humor? Join the rich discussion about these developmental issues. Remember that today's mighty oak is just yesterday's nut that held its ground!

NOTE: Designed for educators and/or parent groups.