



A Positive Leader's Impact The Hidden Skill of Humor in the Workplace

Mary Kay Morrison: Humor Quest

Humor is a funny thing! As you know, it has a powerful impact on workplace culture. This session will provide the current research on humor as an effective, mindful strategy for creating positive relationships and effective results at work. Effective leaders focus on their humor practice to increase productivity, reduce employee stress and foster effective communication. Participants will engage in thoughtful discussions on ways that skillful humor-focused leadership can have a positive impact in the workplace. The psychology and physiology of humor will be examined along with effective interventions for mental and physical health.

Side effects may include incontinence, bellyaches and exhaustion from constant laughter. **Warning:** This tonic is highly contagious. If your laughter lasts for longer than 4 hours, share it with your health care provider. Do not miss this opportunity to see if humor and laughter are right for you!

Competencies/ Objectives

- Participants will be able to identify the research-based benefits of incorporating laughter and humor in the workplace.
- Participants will be able to recognize the benefits of laughter as a therapeutic intervention for depression and anxiety.
- Participants will be able to describe negative and inappropriate humor and the resulting impact on relationships in the workplace.
- Participants will identify strategies to reduce stress and to support the cultural health of the organization.
- Participants will discuss the significance of play and generate effective strategies for teambuilding in the workplace.

Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past- president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: Legacy of Laughter.