



Using Effective Leadership Strategies in the Workplace

Change and Humor in the Workplace: How to Put Up with One ~ without Losing the Other

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"A good time to laugh is anytime you can."

- I. What's so funny? (Some definitions of humor)
 - A. Three or four basic concepts
 - B. Play and work are not opposites
 - C. Enjoying incongruity
- II. Hey! Why are you laughing? (Advantages to using humor in the workplace)
 - A. Managing conflict
 - B. Motivating others (and yourself)
 - C. Reducing stress
 - D. Making your point
 - E. Increasing creativity
- III. Change: Everybody Does It But Nobody Likes It
 - A. So, why don't people like to change?
 - B. Overcoming resistance to change
 - C. Sources of job stress (you mean it could be my boss?)
 - D. Laughter as catharsis
- IV. More On Change and Stress
 - A. Handling information, making decisions and solving problems
 - B. Take a vacation (even if you don't go anywhere)
 - C. Some more stress reducers (the Work-Stress Inventory)
- V. Obstacles to the Effective Use of Humor
 - A. Barriers to perception/negative self-talk
 - B. Overlooking the simple
 - C. Conformity pressure
 - D. Avoiding inappropriate humor (and laughing at yourself)
- VI. More Funny Business
 - A. How do you use humor at work?
 - B. The Humor Disparity Test
 - C. Joy lists

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