

Objectives:

- Learn about the research and studies done on humor in the past 40 years.
- Understand the importance of integrating humor and creativity into our lifestyle and workstyle.
- Realize how humor reduces stress; improves morale, teamwork and productivity.
- Learn that humor is a set of specific, learned skills and like all skills needs to be developed
- Learn the importance of working happier instead of working harder.

This session will help participants to be convinced that the simple act of smiling, having positive thoughts and laughing often and wholeheartedly will have a profound effect on our bodies. That humor plays a vital role in living, learning, working and being healthy.

This session will teach people how to look for humor, how not to take themselves so seriously and the importance of keeping the child within each of us.