

Woe to Wow— Solutions for Resilience

helping your audience thrive and succeed at work and home

The Lighter Side of Work - How to find fun at work

A **workshop** designed to help increase workplace satisfaction and productivity while making your workplace more inviting, welcoming and inspiring
(45 minutes—3 hours)

It is a myth that seriousness is a healthy standard for the workplace. It is also a myth that having a sense of fun means you are known for rousing others into ripples of laughing convulsions.

Simply *lightening up* can create a welcoming and humane environment. Lightening up is undervalued and underutilized but it can help you better problem solve, manage change, increase morale, ease communication and have energy left for tomorrow.

Patricia Morgan will describe how jail guards, who took this workshop, created a healthy laugh about their difficult job and themselves. Learn light-hearted strategies such as self-deprecation. Learn comedy formulas such as turning *bad news* into *good news* and the use of exaggeration. You will improve connection, productivity and team work. When work becomes upbeat, fun and relaxed it no longer feels like *work*. Perhaps you'll hear yourself say, "Yeah! It's Monday morning!"

You and your group will:

- Practice two easy lighteners (smiles and laughter) to improve workplace relationships, productivity, teamwork and satisfaction
- Increase your ability to laugh at yourself and refocus on work
- Learn the age old art of self deprecation to ease tension, make yourself approachable and perceived as human
- Take away 13 fun surprise ideas to enliven the workplace
- Play the *It Could Be Worse* game. Exaggeration hits the funny bone. Prizes for the worst imagined workplace disaster
- Inject joy. Be pro-active to increase your happiness at work and elsewhere
- See the humour in workplace distress—change, deadlines or those you perceive as difficult

"Valued the laughter, the stress releasing strategies, lightening up to be myself. It is ok to laugh, play and have fun at work." Vera Hickey, Program Coordinator, Health Care Facility

Tailored to Meet Your Needs

Programs can be adapted to support your event's objectives. Ask for Customized Self Mastery and Workplace Resilience with modules enabling you to build a *good fit* workshop.

If you want your participants to have longer-lasting results ask about bulk discount rates for pre-purchased books for each participant.

Select **The Lighter Side of Work** or another program by calling Patricia Morgan at 403-242-7796 or emailing patricia@solutionsforresilience.com

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