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Professional Speaking & Corporate Training

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Theme: Humor in the Workplace

"If you don't, you should.

These things are fun, and fun is good."

Dr. Seuss



It was my first time flying again after the 9-11 attacks. To be truthful, I wasn't overly thrilled about flying the not-so-friendly skies. But I fastened my seatbelt and prepared for take off on Southwest Airlines. The crowd aboard the flight was your typical middle of the week business crowd. Lap tops, cell phones and i pods kept most of us occupied as we waited. Then a voice came over the intercom.

"Good morning ladies and gentlemen. Thank you for flying Southwest. Please fasten your seatbelts in preparation for our departure.

There may be 50 ways to leave your lover, but there are only 4 ways to leave this plane. Please take note of the exit signs.

We do not anticipate any reduction in cabin pressure today. If we had, we would have called in sick! But in the event that we do, please secure your own oxygen mask before attending to your children or adults who are behaving like children. If you happen to be traveling with more than one child today, pick your favorite!

There is no smoking while aboard this flight, and honey, if I ain't smokin', ain't nobody smokin'. If you are caught defacing the smoke detector in the lavatory, there is a \$2,000 fine. If you had that kind of money, you'd probably be flying Delta.

Once we reach our cruising altitude we will be dimming the lights in the cabin area. This is for your added comfort and to enhance the appearance of our flight attendants. And speaking of our flight attendants, we

are proud to say that Southwest employs the best attendants in the industry. Unfortunately, none of them are working your flight today.

The flight to Tampa, Florida is 1 hour and 59 minutes which means you have exactly 1 hour and 59 minutes to impress us with your very best behavior. Thank you once again for flying Southwest! "

I smiled. I laughed, and needless to say, I truly enjoyed being served by a company who had the audacity to actually have FUN at work!

**"Blessed are the cracked
for they shall let in the light."**



Recommended Reading: *(A few of my favorites)*

Fish! A Remarkable Way to Boost Morale and Improve Results, by Lundin, Paul, and Christensen

Lighten Up! Survival Skills for People Under Pressure, by Metcalf & Felible

The Magic of Genie: Seven Potions for Developing a Sense of Humor, by Jeanne Robertson

Blow a Bubble, not a Gasket! 101 Ways to Reduce Stress and Add FUN to Your Life! By Janie Walters

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Why Humor in the Workplace?



In the January 2000 issue of The Journal of Accountancy, a report indicated that 62% of executives polled believed employees and companies benefit from humor in the workplace. In addition, many actually include "having fun" in their mission statements.

With so many leaders knowing that humor in the workplace is not an oxymoron, what do these executives know that others don't?

Statistics show that creating a "lighter" work environment has many advantages:

- It creates less workplace stress,
- Leads to higher job satisfaction,
- Enhances teamwork and loyalty,
- Encourages creativity in problem solving, *and*
- Leads to better customer service.

All of these factors can make a positive impact on a company's bottom line.

Humor at work does not mean insubordination, inefficient time management or disregard for the seriousness of your business. It is possible to take our work very seriously but not ourselves. All it requires is an attitude change in order to look at things from a different perspective.

Everyone wins when humor exists in the workplace. But it starts at the top! Wouldn't you just love to meet the CEO at Southwest?

Do you need a little help understanding how to bring more camaraderie and fun into your workplace? Call Julie at (301) 293-4195 to schedule one of her fun and entertaining HUMOR workshops or log onto www.juliegaver.com for more information.

Did you know.....

Children laugh, on an average, 400 times a day.

Adults laugh about 11 times a day!

Need help bringing more JOY into your life and work?



- Spend more time with people who make you laugh and feel good about yourself. (*I call them 'motivational mentors'*)
- Laugh at yourself. Share your blunders and embarrassing moments with others. (*You KNOW you have some*). Most of mine happen in front of very large groups. Be grateful you don't speak for a living! 😊
- Smile more. It's amazing how much better it makes you feel.
- Listen to music in the morning that gets you going. "*Let's get this party started.*"
- Don't hold a grudge. Life is too short! Learn to say "I'm sorry."
- Don't be afraid to be playful, especially with your customers. Don't we all love doing business with someone who enjoys their work?
- Watch funny movies to lift your spirits. Check out Patch Adams, Meet the Fockers, or watch Who's Line is It Anyway? on TV. That show makes me laugh out loud!
- Find your bliss. Spend some time pondering the following questions:
 - "What am I here for?"
 - "What gives me my greatest sense of purpose?"
 - "How do I want to be remembered?"
 - "When do I feel happiest?"

Happy Spring!

Julie

