

## **Fun at Work – For Healthier, Happier Employees and More Success**

Having fun in the workplace may be just what the doctor ordered – for better personal health and individual and organizational success. Harnessing the power of humor and fun may be the energy boost you need for brighter days and a more successful career. Learn some of the principles and practices that you can begin to incorporate for more playfulness and joy in your everyday work.

At the conclusion of this session, participants will better be able to:

- 1) Recognize and overcome personal obstacles that may be preventing a “fun at work” attitude.
- 2) Recognize and overcome organizational obstacles that may be preventing a “fun at work” culture.
- 3) Create opportunities for themselves and others to experience more fun at work.

### **Session Outline**

This session will explore 11 principles for Integrating fun at work from Leslie Yerkes book **Fun Works: Creating Places Where People Love to Work** through a series of interactive learning activities, examples, personal reflections and group discussions.

#### **11 Principles for Integrating Fun and Work**

1. Give permission to perform
2. Challenge your bias
3. Capitalize on the spontaneous
4. Trust the process
5. Value a diversity of fun styles
6. Expand the boundaries
7. Be authentic
8. Be choiceful
9. Hire good people and get out of their way
10. Embrace expansive thinking and risk taking
11. Celebrate

Learning can be delivered as:

- Lunch and learn (1 - 2 hours with lunch)
- Half day session (4 hours)
- Full day session w/ additional learning objectives incorporated (7 hours with lunch)
- Custom length to suit specific needs

Also available as a 1 hour presentation.

Participant Comments from Previously Delivered Sessions

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About the Session:

*“The break-out sessions were very valuable because we were able to brainstorm ideas that fit into our department and organization.”*

*“Made me think outside the box about fun at work.”*

*“Found it refreshing for our group to be together and to give ourselves permission after so many years to have fun while here!”*

About the Instructor:

*“Great ability to be spontaneous and stay on track.”*

*“Mike was an awesome teacher...I loved his down to earth style and humor.”*

*“Used several different activities to teach and then reinforced them verbally.”*

General comments:

*“I enjoyed the laughter in the room. Although you said it is typically not “fun” to learn about how to have fun in the workplace, I thoroughly enjoyed myself.”*

*“Awesome In service!”*

*“Excellent program! I can tell you enjoy what you do and you do it well. I was reluctant to come because I have so much to do at work, but I am very glad that I made the effort. It was well worth my time and it was good to connect with co-workers.”*

*“Loved it!!”*