

The Power of Fun at Work
 60 minutes
 Indiana Pressler Memorial HFMA
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Supplies: CD Give Away, Notes, Handouts, Train Whistle, T-Shirt: I Love Doing Your Job, MOOMBA Sign, MOOMBA Stickers, I'm Here Sticker 301 Ways to Have Fun at Work, Business Cards, Breath Freshner, Pen/Pad,

- Zen the room

Before starting your presentation, take a moment to make eye contact with as many people as possible and smile at them.

Do it also while walking to the front of the stage.

I am so happy to be here with you.

Are you having fun at work?

Whether you said yes or no, would you like to have more fun?

Good. We've got the right crowd here.

Here's how.

I'm sitting in my office. There's a knock on my door. Who could that be?

Open the door. It's that man dressed in brown. U-P-S

He hands me a package. I sign for it. He starts to walk away.

I look at the package and I think, It's been a dull day. Let's have some fun.

So I say out loud, "It's ticking."

That man in brown stops dead in his tracks.....

"It better not. It's not supposed to start until I get back in the truck."

Touche. He got me good, didn't he.

What happened here?

By using humor, I turned a dull day into a fun day by using humor.

I got a big laugh out of it.

The man in brown got a big laugh out of it.

Today, I would like to share with you the 3 key reasons for having fun and humor at your workplace:

1. To enjoy your job more 2. To deal with the stressors at work 3. To perform better
 I believe when you put these ideas into action, you can have more success and have more fun doing it.

How many of you experience stress at work?

Look at the hands go up.

And some people are too stressed out to raise to even raise their hand.

Research shows that one of the major sources of stress at work is – people (pause)

Do you have these kind of people at your workplace?

I see heads nodding.

No matter how hard you try to get along with them, you're gonna have conflict.

It's human nature.

By the way, do feel that certain people in your organization have been hired just to make you miserable.

You might be thinking of someone right now.

Whatever you do, don't point at them if they're here.

They'll just make you more miserable.

Conflict

Humor will help you to successfully deal with conflict at the workplace.

Humor defuses the tension and the anger.

Here's how it works.

* Late

Frank Jones is a good employee.

But, he usually shows up to work 15 mins. late,

Because he is a single father with a disabled child.

He works extra during his lunch hour to make up the time.

But Frank's boss is very controlling and wants all his employees to show up on time.

One day Frank walks in late again and this time, his boss reads him the riot act in front of his coworkers and announces, Frank, if you're late one more time, you're fired.

The very next day, Frank gets caught in a traffic jam and doesn't get to work until 9:15 .

He walks into his office and sees his boss standing there, loaded for bear and all the employees are watching this confrontation.

Frank put's down his briefcase, walks up to his boss, offers to shake hands and says:

Hello, sir, my name is Frank Jones.

I'm here to apply for the job that opened up 15 minutes ago.

Frank's boss tries hard not to smile and says, Frank, get back to work.

What did Frank accomplish: he used humor to successfully defuse the conflict.

The Power of Fun at Work.

This humor strategy works really well, but practice it with your family and friends before you try it with your coworkers.

Because humor is like any form of communication.

You have to say the right thing at the right time to the right person or you get into trouble, don't you?

It's important to be diplomatic at all times.

* Art of Diplomacy: "Your mother is on the roof."

It's like the husband who was in Europe on a business trip.

2 weeks into the trip, his wife calls and says.

Honey, the cat died.

The husband says: the cat died. How?

She explained what happened.

He said: you know I loved that cat. That was my cat. You're going to ruin my whole trip with this news. You should have been more diplomatic about this.

She says: what are you talking about?

He says: Well first, you should have sent a text message that said: the cat... is on the roof.

Then 3 days later, you should have sent a second text message saying that the cat... fell off the roof.

A few days later a third text that the cat... is in the hospital.

And a final text that notified me that the cat... has died.

That way you would have broken the news to me gently.

His wife says, OK. You want gentle. Next time you'll get gentle. Slam.

A few weeks later, same trip, the husband gets a text message from his wife.

Looks at it

"Your mother... is on the roof."

Be diplomatic at all times.

Anal-Retentive

You may have noticed that some people at work are anal-retentive?

This is my desk, my chair, my pen.

And to make sure the whole world knows it, they put their name on everything.

On their coffee-mug, their scotch tape-dispenser, their stapler, you've seen it.

First of all, it's not their stapler, Who does it belong to?

The company!

But, they act like it's their's, especially when your borrow it without their permission.

They might throw a hissy fit.

Here's how to tell if someone really is anal-retentive?

This is the litmus test.

Let's go to the bathroom in your home to the towel rack.

(Mention how many people raise their hand)

When you replace your towels, do you leave the ends of the towels even? % Uneven? %

How many of you couldn't care less.

That adds up to 70% of you.

The rest of you don't use towels?

Let's get more intimate.

Your toilet paper

Do you replace the toilet paper so it rolls out from the top,%, from the bottom,%, couldn't care less? %

That adds up to %

The rest of you don't....I won't even go there.

Now, if someone in your family puts the toilet paper on the wrong way and you change it, you are anal-retentive?

And, if you go to your neighbor's house and change their toilet paper, you need counseling.

I have my own business which is fun except when I call in sick. I know I'm lying.

And I know that without customers I'm out of business.

And yet dealing with customers, sometimes, is a challenge.

You have two types of customers:

The external customers you serve: and the internal customers you serve:
your co-workers

* TV

I was conducting a Customer Service Workshop for the School Nutrition Association in the state of Maine.

During a break, a woman named Gayle shared this story

She has a friend who owned a TV that kept breaking down.

He kept taking it back to the store he bought it from.

They would repair it, he would take it home and it broke down again and again.

Finally, he was so upset, he stormed into the Customer Service department and slammed the TV on the counter.

He hollered at the customer rep, "I want you to shove this TV up your...you can finish the sentence.

She kept her composure.

She said, "I'm sorry sir, but I have already shoved a microwave, a vacuum cleaner and a DVD up there. There's no more room."

Isn't that beautiful?

What a great comeback.

The customer started laughing and the anger was defused.

But if you're going to use humor, you have to say the right thing at the right time to the right person or the customer will think you're making fun of them.

It is high risk to use humor with a customer who is angry.

You have to know what you're doing.

But, with all the other customers, the great majority, it works quite well.

Humor makes customers feel more comfortable. It relaxes them.

So, write down the typical comments you get from your customers and coworkers and then get together with you coworkers and brainstorm humorous responses to these comments.

When you use humor with your customers, you will enjoy your job more and in the eyes of the customer, you do your job better.

A police officer had to deal with one of his customers.

* Drunk

Don't argue with him... when he's drunk.

Sometimes, the truth shall not set you free.

Voice Mail

I make calls to clients every day.

And in 20 years I've heard thousands of voice mail greetings.

The one I hear most often is:

"I'm either on the phone or (Audience) away from my desk."

No kidding. Where else could you be?

Actually, there is one other possibility: I'm sitting at my desk, doing what, folks screening my calls because I don't want to talk to you.

Have you heard this voice mail: "Leave a detailed message."

So do it.

My name is Walt. I was born in Hamtramck, Michigan when my parents came to the United States after World War II.

Give 'em what they ask for.

And how about those voicemails that end with an inspirational quote that's supposed to turn your life around.

"Remember, a smile is just a frown turned, Aud: upside down." (Finger vomit)

Some of you are thinking: I gotta get back to my office and change my voice mail message.

You can try this one: I am currently out at a job interview and will reply to you if I fail to get the position.

Did you ever send an email get one of those automatic replies.

This is an actual automatic email reply from Reader's Digest:

"I will be unable to delete all the e-mails you send me until I return from vacation. Please be patient, and your e-mail will be deleted in the order it was received."

Fax

You and I know how to use voicemail, but some people get confused by all this high-tech stuff.

Readers Digest, Robert Balk

Voice mail is my sworn enemy. I have never understood how it works.

Finally, I broke down and called the office operator to walk me through it.

The operator said, "I can send you a sheet of instructions,"

I said, "Great, fax it right over."

The operator said. (Say it quickly) "Sure, but fax it right back. (Pause) It's my only copy."

People get confused.

Staff Meetings

Don't you just love staff meetings.

Are they the greatest use of your time or what.

Since you're stuck in a staff meeting, you might as well make the most of it.

Use the time to impress your co-workers and especially, your boss.

Here's how:

Always bring a notepad with you and nod continuously while pretending to take notes.

If a co-worker is giving a power point presentation, ask them to go back a slide.

This will make you look like you're paying closer attention than anyone else.

When your boss is speaking, make approval sounds: Mhh Mhh

And to make it sound like you just heard your boss say something profound: HMMM

You'll get promoted in within a month.

There comes a point in most meetings when everyone is putting in their two cents, except you.

This is a great time to say, "Hey, Hey, can we chill out for a minute.

Can we take a step back? followed by What problem are we trying to solve?

You've just bought yourself an hour of looking clever.

By the way, what did the schizophrenic bookkeeper say? I hear invoices!

3m

• Sense of Humor

How many of you believe that having a good sense of humor is important?

Whenever I ask an audience this question, everybody raises their hand.

Everybody values a good sense of humor but not everyone sees the value of humor at the workplace.

In fact, when an employee is having fun at work, what do the coworkers think?

They must be goofing off.

They're not doing their job.

They'll never be successful.

Dr. David Abramis, psychologist, at Cal State University, took a look at this and found that people who said they had fun at work were more motivated, more productive and were less likely to be late or absent from work. They bonded more closely with their coworkers, and they were more loyal to the organization. (than those employees who were satisfied with their jobs but we're not having fun.)

The Power of Fun at Work.

All our lives we've been told that you have to be so serious to be successful.

It's nothing but a myth.

Some employees are so serious at work.

You've been around them.

They'll tell you, I love my job. (Pause - Keep Face)

Well, then, why don't you let your face know about it.

These people don't know the difference between a smile and a sneer.

According to the business journal, Human Resources Focus, February, 1993:

96% of executives surveyed said employees with a sense of humor do a better job than people who have little or no sense of humor.

So use your sense of humor.

Among other things, It will help you to communicate more effectively.

For example, let's take a look at two memos written by two different managers.

First Memo

* Two Memos:

"Office congregating and merriment will not be tolerated in the future... Loud talking, laughing, loitering, and excessive walking are not mannerisms of true professionals"

Second Memo

"During my absence from the school district/department, from the department on July 16-23, the Assistant Superintendent, Assistant Director will be in charge, I suggest that if you have or anticipate or would like to create problems, - that you do so during this period of time."

Which manager would you rather work for?

Which manager would you rather hire?

Speaking of hiring, I believe that humor helped me get a job.

Beaumont: Interview to direct a program for 10,000 employees at 5 sites.

No management experience. Sports background

Bobby Knight the Indiana basketball coach and Bo Schembechler the Michigan football coach had no head coaching experience when two athletic directors had the insight to hire them.

He started laughing because he knew what the message I was sending.

I got the job.

Humor can be communicated when least expected.
Frank Garcia learned this one day at his workplace.

* Don't Be Cruel

- Misery contests 1m

Some employees like to focus on the misery at work, don't they?

They even like to have misery contests.

(Be emotional) Ohhh, You think you're having a bad day.

Let me tell what a bad day really is.

And they want to win the contest.

What for?

Because, these people want you to know how much they suffer.

So, they roam the hallways looking for their next victim.

They spot you and make eye contact.

Being friendly, you say. "Hi. How ya doin?"

Oh-Oh. That question just made you the next victim.

Ohhhh, I'm having a miserable day.

Well, what's the matter?

It's my department: the people there are so mean, so stupid.

I just can't take it anymore.

How long have you been working there?

Today's my first day. Huhhh.

I'm so miserable. (Back of hand on head)

I can't wait to find another job.

Well, if you can't be happy where you are, what makes you think you'll be happy where you ain't.

The whiners get the most attention

And you know what whining is don't you, it's anger... going thru too small a hole.

Next time, watch their lips.

Elaine Schyve, Cohocton, New York, Readers Digest

It's amazing how a coworker can compliment and insult you at the same time.

Recently I greeted my coworker and she said to me:

"You look so gorgeous, I didn't recognize you."

• T-Shirt

Some employees don't pull their weight at work.

It ticks people off.

Robert Frost said this about there are two kinds of people in the world:

“Some willing to work, and the rest willing to let them.”

You can do something about this.

My t-shirt says,

I love doing your job.

Sound familiar

Post a sign on your desk or work area with the title of the employee whose job you’re doing next to your name.

When the employee asks why you have their title, tell them:

Well, I love doing your job.

Then, run!

Use humor to deal with these kind of employees.

Whenever you hear a coworker say, That’s not my job.

With a sense of humor, tell them, “If you keep this up, it soon won’t be.”

After I spoke at a Government Association Conference, a woman told me what she hears the most often from citizens is “I pay your salary.”

I tell them, “Thank you. I want you to know that you’re getting your money’s worth,”

“I pay your salary,” You wish you could say, You do. Great! Let’s talk about a raise?”

*Grandchildren

With all the stress in today’s workplace, some employees are thinking about an early retirement.

A teacher decided to retire early.

He had 3 goals for his retirement: play golf, travel and spend time with his grandchildren.

Problem was he didn't have any grandchildren.

He had four children, all who were married, but no grandchildren.

So, he invited his children and their spouses for dinner.

They sit down and the table and he says to them: I have an announcement.

I'm going to retire. I want to share my goals with you.

I want to play golf, travel and I want to spend time with my dear, sweet grandchildren.

His kids look at each other and one of them says, Dad, but you don't have grandchildren.

Man says, I know that.

That's why I have set up a trust fund..... and I have place \$1 million dollars in it.

And the \$1 million will go to the very first couple (pause) that produces a grandchild just for me.

Now, let’s bow our heads in Thanksgiving for this meal.

He bows his head and says the prayer,

Looks up: the room is empty.

(he's all alone in the room.)

It's great to be with you here in Carmel, Indiana

I am honored that Indiana Pressler Memorial HFMA invited me to your Conference.

I want to thank Rob Mahoney for fulfilling our contract by providing the best audience this Association could offer.

I am so pleased that all of you made the cut.

As I was preparing for this presentation, I learned more interesting things about Carmel Carmel /'kɑ:rməl/ is a suburban city in Hamilton County, Indiana, United States located immediately north of Indianapolis. It has been one of the fastest-growing communities in the country. In 2012, Carmel was selected the Best Place to Live in United States by CNN Money magazine.[5] The population was estimated 85,927 in 2014 by the US Census Bureau,[6] making it the fifth-largest city in Indiana.

Carmel was originally called Bethlehem and, under the latter name, was laid out and platted in 1837.[7] The original settlers were predominantly Quakers.[8] Today, the plot first established in Bethlehem, located at the intersection of Rangeline Road and Main Street, is marked by a clock tower, donated by the local Rotary Club in 2002. A post office was established as Carmel in 1846.[9] The town of Bethlehem was renamed Carmel in 1874, at which time it was incorporated.[10]

I directed a program for 10,000 employees at 5 sites for Beaumont Hospital in Royal Oak, MI

When I started working there, I noticed that all the doctors and nurses will wearing beepers.

And I kinda got intimidated. I didn't have a beeper.

Use humor to deal with the stress.

If I get invited to one of their parties, I'll just wear my garage door opener.

Put masking tape over the Sears label.

Nobody will notice. They'll think I'm one of them.

When you can find the humor in a stressful situation, you neutralize some of the stress.

I don't know who you folks do it.

The incredible change in health care. All the different reimbursement systems. DRG's.

Sam Walton, the founder of Wal-Mart was hugely successful but maintained his humility.

One day, he was asked the secret to his success.

Sam said, Well, I don't know how smart we are. I do know that we can turn our ship around faster than our competition can.

Your job is stressful.

You have to do more with less. A lot less.

The phone rings and you have to drop everything and get it done for them.

You're running around taking care of everybody.

But who takes care of you?

Humor will help you take care of yourself.

Because humor is a massage for the soul.

Today, I would like to share several more ideas on the Power of Fun at Work

You can use humor to manage stress, resolve conflict, enhance communication, stimulate creativity and improve performance.

You can do all that.

And yet, in our society we think it's unprofessional to have fun at work.

So, we can miss out on the fun part of our success.

The truth is: you can achieve success and have fun doing it.

Southwest Airlines and Zappos, the shoe company, are laughing all the way to the bank as they have proven that you can make a profit and have fun at the same time.

Take your job seriously, but yourself lightly

I could have made this presentation wearing a red clown nose & honking a horn

I was concerned I would send the wrong message, that you have to be silly to have fun.

So I wear a sport coat, take your job seriously, and a tie with Looney Tunes characters, take yourself lightly.

I understand that an example of this is Jim Smith. Raise your hand/ Please stand up. The rumor mill tells me that you are a role model for this philosophy. Let's give him a hand.

Take yourself lightly

3-10m

> Groups of three/four

Well, no matter how serious your job is, there's humor in it.

Let's prove it.

Stand Up, Groups of three/four, Introduce yourselves

Share with each other a funny story or experience you've had at work, something that happened to you or a coworker.

With all the laughs I heard, you've just proven that

No matter how serious your job is, there's humor in it especially at

When you're at work, give yourself permission to laugh, to have fun,

Otherwise, it feels just like (audience) "work."

- Work Week

End of work week, last 15 minutes of the day

Get together with your co-workers and share the funny things that happened at work that week. Just like we did.

This way you end the work week with a laugh and you drive home with a smile on your face.

You can achieve success and have fun doing it.

* Speeding

A woman is driving home from work.

She realizes she's late for a commitment and starts driving over the speed limit. She doesn't know there's a cop hiding behind a large sign waiting for the next speeder. He catches her on his radar gun, goes after her and pulls her over. He walks up to the car and says to the woman, "I've been waiting for you." And she says, "That's why I drove here as fast as I could." You can use it on the way home from the Conference.

- **MOOMBA** 5m

***Do a MOOMBA Oath

Is anybody having too much fun at work?

Are you looking for ways to cut back? No way.

We need more fun at work, don't we?

We need more MOOMBA

The word is spelled M-O-O-M-B-A

MOOMBA is a special word.

It comes from the Aboriginal people in Australia

And loosely translated, it means: Let's get together and have fun.

Isn't that the attitude to have.

Let's get together and have fun.

Just like we're doing right now.

People like to say the word, MOOMBA

Because you can feel the resonance.

Repeat the word MOOMBA loudly after I say it.

So, I'm gonna shout the word and you shout it after me.

MOOMBA! MOOMBA! MOOMBA!

Say it even louder and you'll feel the resonance.

Can you feel all the estrogen, testosterone and viagra flowing in this room right now?

Don't stare at the person sitting next to you.

They may be staring right back.

When you're feeling stressed at work, say the word MOOMBA, and do something that's fun.

Get together with your coworkers for a Belly Laugh Break.

Only funny things can be discussed at the break.

Wouldn't that be a change?

No pity party.

When you have the MOOMBA spirit, you have less stress.

Research at Loma Linda Medical School in California shows that while you're laughing, you're reducing the amount of stress hormones in the bloodstream.

Laughter is an antidote for stress.

Who woulda thunk it?

Humor is one of the best ways to deal with the stressors at your workplace.

* Make love

Reader's Digest, Janet Kiehl has the MOOMBA spirit.

I was leading fun activities for seniors at a nursing home.

We were playing a game called, "Complete the Well-Known Phrase"

For example, I would say,

"Better safe..." to which they would respond, "than sorry."

The game was moving along as expected until I got to the phrase,

"Make love,not war."

I had barely gotten out the first two words, "Make Love" when a 90-year-old woman from the back of the room shout, "While you can!"

Make MOOMBA while you can.

• **MOOMBA at Work** 5-8m

The MOOMBA spirit will make a positive difference in your workplace.

The Power of Fun at Work

Here are several more ideas on how to create a MOOMBA culture.

- Belly Laugh Board.

I also have a Belly Laugh Board in my office.

It's a bulletin board where I put up funny stuff.

You can take your bulletin board and turn half of it into a belly laugh board.

Only funny things can be put on that side of the board.

REPLACE

* Breaks

Readers Digest, Don Snyder

I'm a manager

I noticed that my employees were taking long breaks.

So, I posted a sign on the bulletin board:

"Starting immediately, your 15 minute breaks are being cut back from a half-hour to 20 minutes"

Using humor, he got the message across.

What do you think would have happened if he had thrown the policy manual at them?

Humor can help you implement certain policies.

No hard feelings.
Human dignity is maintained.

- Day

You can have the MOOMBA spirit at work any day.
You don't have to wait to celebrate an employee's birthday.

Favorite Holiday

Women Incorporated is a national organization which helps women business owners.
They celebrated this event at their workplace, "Come Dressed As Your Favorite Holiday"

Which holiday would you dress as?

Share with your partner.

One employee came dressed as the Easter Bunny and delivered Easter eggs to her coworkers

One woman showed up with pillows stuffed under her dress.

Her coworkers asked, Which holiday are you?

She said, I'm Labor Daaaaaay.

- Staff to Laff

Put the MOOMBA spirit in your staff meetings to make them more fun and more productive.

Turn your staff meetings into laff meetings by starting each meeting with humor.

Have each employee tell a funny story or bring in a comic strip from the newspaper.

Have the employees vote on the funniest one.

Give the winner a small prize e.g. Candy bar, \$1, or leave work 15 minutes early.

That's a popular one.

Why do this?

When you laugh you activate the right side of your cerebral cortex, which is your creative side.

Several research studies have shown that after people laugh, they become more creative at problem-solving.

And isn't that just what you need in your staff meetings.

People who can solve problems.

These are the practical reasons for including humor in the workplace.

Humor stimulates creative thinking.

It can get you out of tough situations.

*Barn

Middle States ACRAO

Woman told me that when she was an undergraduate student at a college,

she had a professor who insisted that every student to be on time for his class.

And he even closed the door to the classroom right on time.

One class, a student walks in late and leaves the door open.

The professor stops the class and embarrasses the student by saying,

“Were you born in a barn?”

The student says, Yes, the Inn was full.

That’s creative thinking.

The whole class exploded in laughter.

She said that at that instant, the professor lost control of the class.

Humor is the great equalizer.¹⁸¹⁸

Humor creates a level playing field by transferring power from the strong to the not as strong.

Using humor, the student was now in control.

So if you want more power at work, use humor. Seriously.

- 301 Ways to Have Fun at Work

The authors of the book.

Page 51

You’ve all heard of the Employee Suggestion Box at work

Fun Suggestion Box

Employees put in ideas on how to make the workplace more fun.

Give prizes each month for the suggestions that are used

At end of year, give a special prize to the best one.

This helps to create a MOOMBA culture.

- Break

When things get hectic at work, take a quick break and read a funny story in a joke book or in a magazine like Reader’s Digest.

It takes just a minute. Like this one.

* Third Husband

Dr. Leon Pendracky

As I leaned in to check her eyes, my older patient got a little frisky.

“You remind me of my third husband,” she said coyly.

“Third husband?” I asked. “How many have you had?”

“Two”

- Reminder

Put the MOOMBA spirit in your work area to remind you to have fun each day.

One of your favorite cartoons, a funny prop, a toy.

I have a poster of the Little Rascals in my office: Spanky, Alfalfa, Darla and Buckwheat. When I was a kid, my mother would wake me up for school. I would get up, turn on the TV and watch the Little Rascals first. Then I got ready for school. The poster in my office reminds me to keep the child inside of me alive. Find something that has special meaning for you and look at it each day. You can achieve success and have fun doing it.

- Every career is filled with those special **MOOMBA Moments**.

I'd like to share another one of mine with you.

* Stall

I heard this story on the radio as I was driving to work.

It came across over the news wire.

A man says: I was driving out east on a business trip.

I had to go to the bathroom, so I drove to a rest stop along the highway.

I walked into a bathroom stall and sat down.

Next thing you know, I hear a voice from the stall next to me say,

So, how ya doin? (Pause)

This had never happened to me before and I wasn't sure what to do.

So I said "Uh, not bad"

Then, the man in the next stall says,

"How's your day goin?"

I started to feel more uncomfortable, but I said,

"Uh, OK"

Then the man says, Where you headed?

Now, I got real nervous, but I still didn't know what to do, so I said,

"Uh, out east"

Then the man says,

Let me call you back. There's some idiot in the next stall answering all my questions.

5m

- **Standing Ovation**

Ken Blanchard is the author of The One Minute Manager and he gives this advice:

Catch a co-worker doing something right.

Wouldn't it feel good if someone caught you?

William James, the father of modern psychology, said that the greatest need of every human being is the need for appreciation.

I'd like to share with you a special way to catch a coworker doing something right and showing your appreciation.

To make this happen, I would like to ask 3-5 people to join me.

You'll be glad you did.

“Come on down” as Bob Barker used to say.

*Get volunteers ahead of time.

Here's how we're going to show our appreciation to these people.

Think about a concert or athletic event you've been at that was so good, you jumped to your feet and gave the performer/the athlete your best standing ovation?

Quadruple that enthusiasm and on the count of 3 give you are going to leap to your feet and give these deserving people - are you deserving?, we've got the right people up here - the most stunning, the most staggering, the most stupendous standing ovation they ever dreamed of.

Embarrassing? Yes, the adoration can be overwhelming.

* MOOMBA Signs or I'm Here

We think it's OK to give entertainers & athletes a standing ovation for the work they do. Let's think that it's OK to give a coworker a standing ovation for the work they do when they deserve it.

You can get the ball rolling at your workplace. Here's how.

The next time you go/come to work, walk thru the doorway into your work area and make this announcement:

“I'm here. I showed up. It wasn't easy.

I deserve a standing ovation.”

And see what happens.

There are people all across Michigan/this country doing this because they think it's OK. Many of them are still employed,.....I think.

When I coached college football, we would worked long hours and the pressure was on. But we had fun and lots of enthusiasm.

In our society, we think that it's unprofessional to show real enthusiasm at the workplace.

Culture: entertainment, sports, kindergarten

And we can miss out on the fun part of success.

Fun makes us feel good.

It re-energizes us and helps us to perform better.

It, also, gives us some of the best memories of our lives.

When you achieve success and have fun doing it, you get the best of both worlds.

* Changed my life

I gave this Keynote Program for a Higher Education (Middle State ACRAO) Conference

Afterwards a woman name Karen came up to me and said,

My husband and I have our arguments. Typical marital stuff.

Then during the argument he tells a joke or says something funny.

This would bug me. Why won't he take this seriously.

After listening to what you had to say about using humor to deal with conflict.

I've come to realize for the first time why my husband does it.

And then she says to me: you changed my life and her eyes were moist. (she had tears in her eyes.

If humor can help a relationship with a marital partner, do you think it can help a relationship with a co-worker.

Conclusion 2m

**CD

I have a final story to share with you.

I share it with audiences all across the country.

* Readers Digest, Beth Reukamp

Condoms

Have a great career.

MOOMBA!

Evaluation on table

Questions

Provide information