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<https://www.humorkom.de/trainings.html>

Second Topic:

2. Good-bye Stress! How to boost your Humor Muscle Step by Step.

Background:

Are we still human beings or already human doings?

We are increasingly spending our days at work and elsewhere running like hamsters in a wheel. Some of us are reaching our limits. Communication within teams, between colleagues, with customers or suppliers is often severely disturbed in stressful situations. Besides, the working atmosphere, productivity and our daily relationships are seriously affected by stress.

Usually we cannot change an unpleasant situation right away. What we can change, however, is the way we react to it.

We are angry because there are crowds of people at our local supermarket? Well, people do go shopping at odd hours, they are not here to annoy us, right?

It can be of great help to take a step back to see situations from a different angle and to reframe problems.

We all have our own, personal sense of humor. Often it precisely disappears just when we need it the most - in times of pressure. The key for building up the "humor muscle" is to stimulate and boost our humor basics on good days. That way we prepare ourselves to find humor when we are stressed or involved in a conflict.

Humor is like a shock absorber on your car. It smoothes out the bumpy spots in the road of life and helps us to move forward. Humor can have the effect to ease up our time at work or in our day-to-day life. We can become more creative, flexible, self-conscious, successful and increasingly more stress resistant.

Target:

The participants will learn how to develop their own authentic sense of humor to become gradually more stress resistant and successful in the interaction with others.

Target Audience:

Basically, everyone who wants to distress and to improve their quality of professional and daily life.

Method:

We will cover the topic in an informative and enjoyable way. We will focus on an interactive approach with role plays, dialogues and team work. Different methods and tools such as the basic rules of humor and the change of perspective will be used to activate our perception, mindfulness and flexibility. The individual humor skills of the participants will be activated and strengthened by practical exercises.

Language:

English or German

Participation:

between 10 and 16 persons.

No previous knowledge required.

Duration:

1 day/6 hours

Trainer:

- Kirsten is a certified HumorKom® Humor Trainer/Humor Coach. She gives international workshops and interactive presentations in English and German.
- Kirsten has a Bachelor degree in International Business Studies. She worked in sales and marketing for many years and she experienced how demanding and stressful work life can be. During her further education as Humor Trainer she learned how humor can help us in various situations.
- She lived and worked 10 years in the United States and The Netherlands. Her international experience made her aware of other cultures and sharpened her ability to see things from different angles as well as to stay confident in uncertain situations.
- To strengthen her own humor skills, she also completed a training as a Clown and Comedy Actor.
- Kirsten works with different training methods and tools to stimulate the individual sense of humor of the participants. She motivates them to use this experience in their intercultural daily (work) life.
- Kirsten is the mother of four kids, born in Germany, the Netherlands and the USA.
- In her free time she enjoys outdoor activities, sings in a choir and spends time with her family and friends.