

Kirsten Hänle

<https://www.humorkom.de/extras/humor-vortraege.html>

2nd Topic of Interactive Talk/Presentation:

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

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. We feel stressed and some of us are moving continuously towards burn-out.

- “Not another traffic jam, where do all these cars come from.”
- The printer is ‘out of order’ again.
- Criticism from your boss: “Oh you’ve messed it up once more.”

Usually we cannot change an unpleasant situation immediately, but what we can do however, is to change our attitude towards it and the way we react to it. Stepping back to reframe problems can be of great help.

We all have a sense of humor but it usually disappears when we need it the most: in stressful situations or when confrontations arise.

The key to building up the “humor muscle” is to stimulate and boost our humor basics on good days. With a little bit of practice and the improving of our awareness we can come up with surprising, exhilarating and amusing solutions. It can also be useful to be self-deprecating from time to time and not take yourself too seriously.

Humor is like the shock absorber in our car. It smoothes out the bumpy spots on the road of life and helps us to move forward.

Let’s become more creative, flexible, self-conscious, successful and gradually more stress-resistant.

DURATION: 60-90 minutes

SPEAKER: Kirsten Hänle

Kirsten Hänle 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 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 trained 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.