

# Humour for Success

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## Why Improv?

**Benefits of Humour** – Humour enhances your physical, mental and emotional health. Humour helps to create balance.

**Unleash Your Creativity** ...to see opportunities rather than focus on the obstacles. Improv is one of many ways to unleash your creativity what are some others?

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- What creative outlets do you enjoy? \_\_\_\_\_
- Do you engage in them often enough? *Circle one* **YES NO**
- If you answer YES to this next question...than DO IT. Would you like to do something fun for yourself every week? *Circle one* **YES NO**
- Provide yourself with an action plan of how you are going to include a creative outlet in your weekly schedule (if you don't already do it).
  1. What would you love to do? \_\_\_\_\_
  2. Research ways of making it happen. \_\_\_\_\_
  3. Schedule it into your day timer and **do it** (as soon as you get home from this conference ...do it).

## Character Building Boot Camp

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## The Impact of Humour In the Workplace

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What people or activities in the workplace cause you anxiety, stress, anger, etc...?

**No one will see this handout but you.**

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What are some things you can do to bring more humour for YOU in your working environment? **Answer this question at the end of the workshop.**

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## The Impact Improv Has Had On My Life

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## Laugh @ Yourself

“When you laugh every cell in your body is ignited with positive healing energy. We all need to laugh often”. *Jacquie Hermans*

What type of energy do you want to fill yourself up with? Positive or Negative?  
\_\_\_\_\_. Embarrassing moments and those times when you feel like an idiot – are perfect opportunities to practise filling yourself with positive energy.

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## Realize Your Smart

You are Perfect for today! You never need to be hard on your self. You don't need to feel guilty. You are always doing the best you can and so is everyone else!

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Make a list of all the things you are amazing at.

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Now give yourself a pat on the back!

Think of someone in your life that can really push those buttons. Now make a list of all the things that they are amazing at and what you can really appreciate about them.

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Next time they push your buttons think about the above list and remember they are perfect for today. Note: You don't have to forgive the action – and you also don't have to let yourself build up negative energy about it either.

## Listening

Listen with OPTIMISM. Every idea has an opportunity. Analyze it later.

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## Acknowledge Your Emotions

Anytime you have negative emotions it's an \_\_\_\_\_ for personal growth. You choose your emotions. You can choose to be successful at all relationships in your life.

**Negative Emotions = Negative Energy**  
**Negative Energy = Negative Energy**  
**Negative Energy = Decrease in Physical, Mental, Emotional Health**  
**Negative Energy = Poor results**  
(Think about the laws of attraction – what do you want to attract?).

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### **The Power of Energy**

#### **Emotions are Energy in Motion**

Your energy can affect the people around you. What Impact do you want to make?  
*Work on what's on the inside to impact positively on the outside.*

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### **How to Get Out of That Funk?**

Engage in something creative! Remember You and They are Perfect For Today!

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If you have enjoyed this workshop and want more...check out [www.lightnup.ca](http://www.lightnup.ca) for a list of courses, information about the Light'n UP Laughter Club, or to hire Jacquie for Corporate Training, Keynotes, One on One Coaching or Mc'ing.

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