



Today is the First Day of the BEST of your Life!

The high stress levels now experienced by employees that serve the public has led facilities to seek new ways of creating a work environment that supports making work fun. Having a light hearted approach to work helps strengthen team identity, stimulates more open and effective communication, provides a powerful tool for managing conflicts, boosts morale and job satisfaction, and enhances creativity. The net result can only be improved job performance.

Description

Objectives

- Lessen the threat of change and create a sense of control
- Enable participants to change negative behaviors and energize co-workers
- Experience techniques to maximize creativity and enhance problem solving
- Explain the value of humor and laughter as an intervention tool on handling emotional and physical pain

Target Audience

This is considered a general session that would benefit anyone who is interested in learning creative thinking techniques and positive and funny suggestions to reduce tension and stress in their lives.

Caution: *This program may cause you to laugh out loud!*



*"The human race has one really effective
weapon, and that is laughter."*

-Mark Twain