

Don't take it so seriously - How humor protects our psyche

Content and goals

Laughter literally melts away stress and with humor, many things become easier, not least interpersonal communication. Humor is also the best lubricant to find creative and constructive solutions in a team and to bring about positive change.

You will learn:

- About humor as an attitude and laughter as a resource and how both can be used to look at problems from a different angle.
- How humor can be used to resolve and constructively resolve interpersonal conflicts.

If the event is booked as a workshop or a training, participants will learn:

- To use their body language consciously and, if necessary, to set boundaries in a relaxed and confident way.
- More about themselves and their personal sense of humor, so that they can be confident and self-determined even in delicate situations.
- What their own goals are in dealing with life's challenges - and how to approach and achieve these goals with a smile.
- To expand their repertoire of actions and their quick-wittedness - especially with regard to dealing with negative feelings and situations.

Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

Target audience

Executives/management, employees, trainees