Benefits of Humor in Training

Action Sheet

Execute	Think	Communicate	Connect	Lead
1. Turn an everyday task into a game of some sort. 2. Create a to-don't list of tasks you won't do. 3. Try the Pomodoro Technique and work in increments of 25/5.[1] 4. Change your desktop background to a motivational picture. 5. Have "standing only" meetings.[2] 6. Listen to a comedy podcast as a way to relieve stress. 7. Read emails in a different accent in your head.	11. Find (or create) an image to represent the problem you are trying to solve. 12. Translate your problem statement into a different language and back again. 13. Watch comedy clips before brainstorming.[4] 14. Warm up your brain with a crossword puzzle. 15. Practice improv to build a "yes, and…" mindset. 16. Ask yourself, "What would X do," where X = a role model of yours.[5] 17. Flip a coin. Notice what you secretly hope is the result of the coin flip.	21. Turn on webcams when working remotely. 22. Say "hello" in a different language each time you answer the phone.[7] 23. Start your emails with a unique salutation, for example, "Hello, Fellow Humans." 24. Hide a message in your email using the first letter of each paragraph.[8] 25. Emphasize key points in training by using interactive exercises. 26. Lead a presentation using only images as slides (no text).	31. Wear name badges in large groups. Include fun personal facts on them. 32. Play 2 Truths and a Lie at your next meeting.[12] 33. Host a speed networking event to meet people.[13] 34. Answer a question with a personal story that is relevant and fun. 35. Use your next team-building event to give back to the community. 36. Begin your next meeting with a get-to-know-you-type question.	41. Tell a self-deprecating joke to reduce status differentials. 42. Use off-the-cuff, playful humor at the beginning of a meeting. 43. Share what your passions are outside of work. 44. Include "fun at work" as a metric on employee surveys. 45. Encourage humor use by actually laughing. 46. Add humor awards as formal recognition.[14] 47. Teach people the value of humor by giving them this sheet.

8. Play "Mary Had a Little Lamb" on your touchtone phone while waiting for a call to start.[3] 9. Send out meeting invites as if they were invitations to a rockin' party. 10. Toss a ball (real or imaginary) during your one-on-one meeting.	18. Create a "bat signal" for users to use when they need support. 19. Track interesting stats from your project to include in your review.[6] 20. Include fun questions when gathering feedback from surveys.	27. Lessen confusion and explain a topic as if the learner was five years old.[9] 28. Offer fill-in-the-blank worksheets that use funny examples.[10] 29. If using footnotes, add a few for humor.[11] 30. Include a joke in the fine print of a disclaimer.	37. Set out a bowl of candy on your desk; share it with people who stop by. 38. When starting a new project, create nicknames for each team member. 39. Give people a high five when you pass them in the hallway. 40. Start a slow clap to celebrate a peer's success.	48. Defuse tension with an observational remark when tensions are high. 49. Lead by example by actually doing one of these suggestions. 50. Smile. That's it, just smile.[15] See footnotes and more below.

Footnotes

1. Check out pomodorotechnique.com for more information.

2 .No sitting is allowed. If you want even shorter meetings, try

"dancing only" meetings.

3. The "notes" are 6 5 4 5 6 6 6 5 5 5 6 8 8 / 6 5 4 5 6 6 6 6 5 5 6 5 4.

4. Watching humorous videos before problem-solving has been shown to increase creativity.*

5. Some good people to consider: Lincoln, Buffett, Spider-Man.

6. Some of my favorite stats: number of emails sent, number of meetings, time spent in each phase, number of curse words provoked by project.

7. Here are some examples to get started: hola (Spanish), salut

(French), kumusta (Filipino), shacha (Vulcan).

8. Did you notice the message using the first letters of numbers 24–28?

9. Visit reddit.com/r/explainlikeimfive for inspiration.

10. Worksheets have been shown to improve retention of information.*

11. A hilarious guy named Andrew Tarvin came up with this.

12. It's a simple game. Each person takes a turn stating three things about themselves. Two of the things are true. One is a lie. It's up to everyone else to try to guess which one is the lie.

13. Speed networking is like speed dating, except the goal is to make business introductions, not romantic ones.

14. You can include things like "Best Email" or create custom categories such as "Most Likely to Say 'Leverage.'"

15. Studies show that simply smiling can reduce stress.

*For sources, check out htww.co/50ways.