



Harnessing Humor and Flow for Renewal in Leadership and Coaching

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Executive Coach, Humor Ambassador**

A close-up photograph of two human hands, palms up, holding two small, torn pieces of white paper. The left hand holds a piece of paper with the words 'GOOD NEWS' written in bold, black, hand-drawn capital letters. The right hand holds a piece of paper with the words 'BAD NEWS' written in the same style. The hands are positioned over a dark brown wooden surface with a visible grain. The lighting is bright, casting soft shadows on the wood.

**GOOD
NEWS**

**BAD
NEWS**

Acknowledgments

I would like to sincerely thank Dr. Sue Jackson for her invaluable guidance and support in preparing this workshop.

Although she was unable to attend due to health reasons, her contributions were instrumental.

Airport Greetings



How many
times did
you laugh
yesterday?





**"Laughter is today where
meditation was 20 years ago."**

*Anna Hatchard,
Founder of Laughter Lab*

My journey



Association of Applied and
Therapeutic Humor

www.aath.org

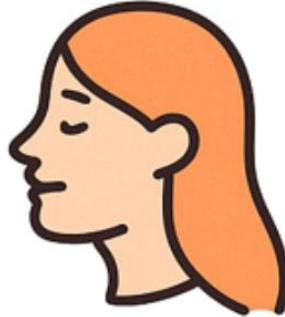
10 positive emotions



Joy



Gratitude



Serenity



Interest



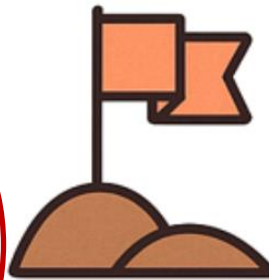
Hope



Pride



Amusement



Inspiration



Awe



Love

Micro moments of positivity resonance

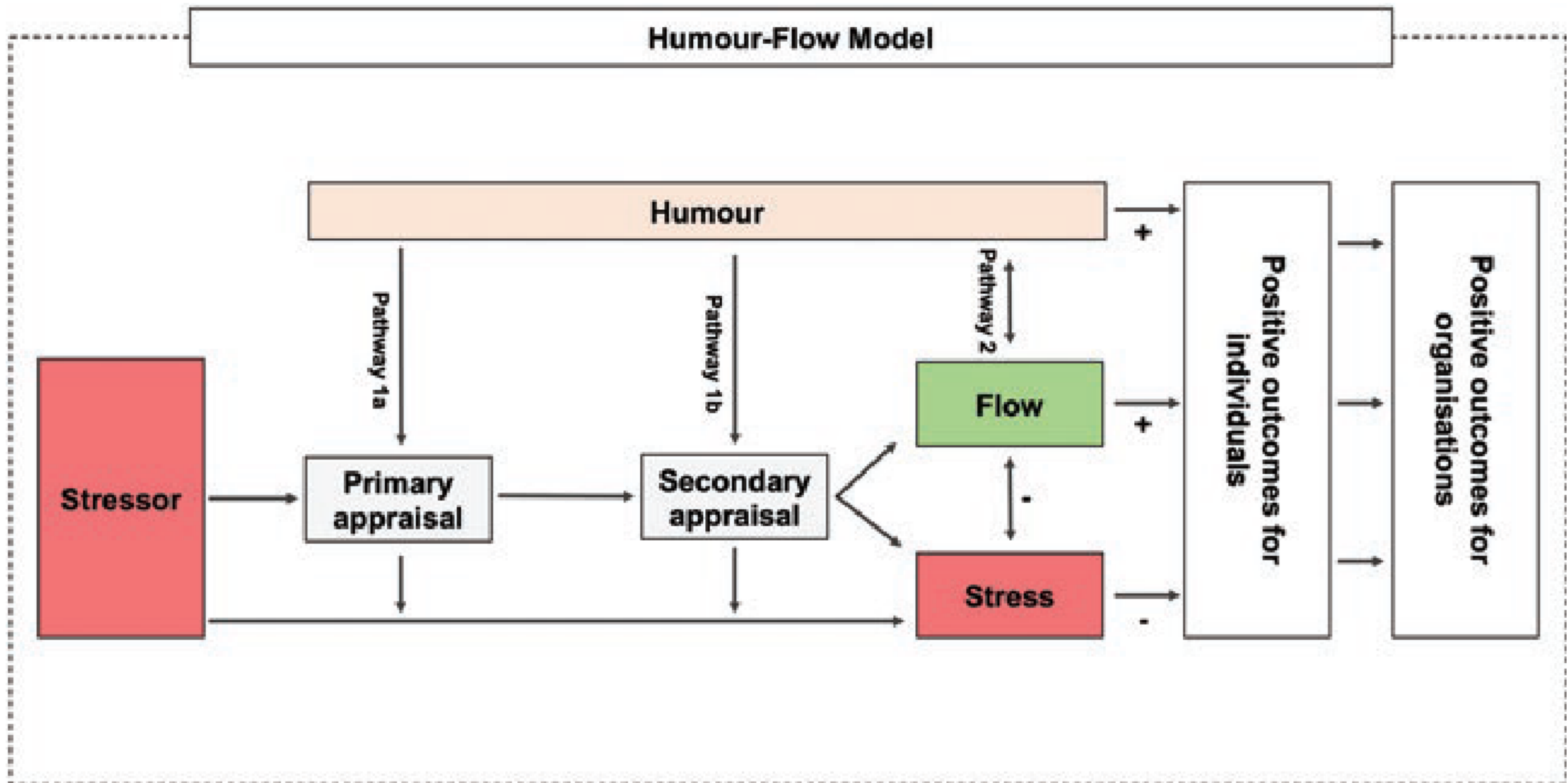


Source: Barbara Fredrickson

Humor among the 24 VIA Character Strengths

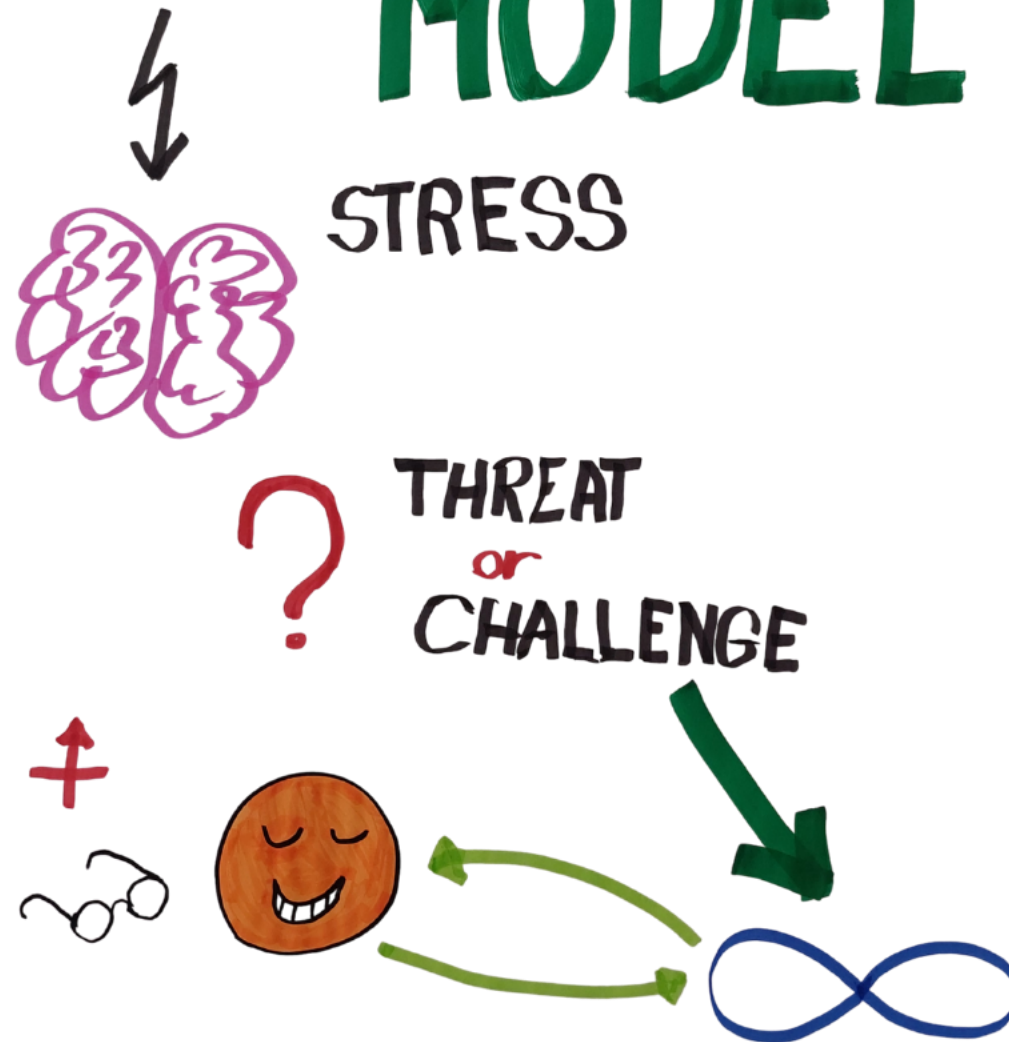
Virtues	Strengths
Wisdom	Creativity, Curiosity, Judgment, Love of learning, Perspective
Courage	Bravery, Honesty, Perseverance, Zest
Humanity	Love, Kindness, Social intelligence
Justice	Fairness, Leadership, Teamwork
Temperance	Forgiveness, Humility, Prudence, Self-regulation
Transcendence	Appreciation of beauty and excellence, Gratitude, Hope, Humor , Spirituality

The VIA Character Strengths Survey, <https://www.viacharacter.org/account/register>



Bartzik, M., Peifer, C. (2021). On the Relationships Between Humour, Stress and Flow Experience—Introducing the Humour-Flow Model. In: Vanderheiden, E., Mayer, CH. (eds) The Palgrave Handbook of Humour Research. Palgrave Macmillan, Cham. https://doi.org/10.1007/978-3-030-78280-1_24

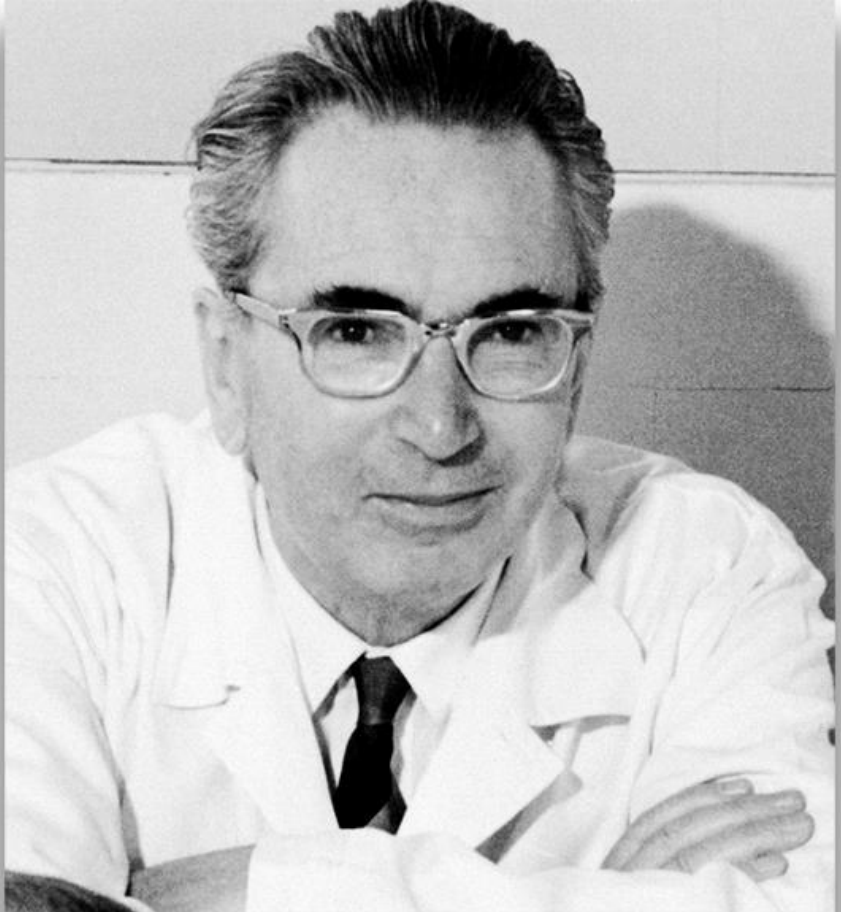
HUMOR-FLOW MODEL



Source: Bartzik, M., Peifer, C. (2021). On the Relationships Between Humour, Stress and Flow Experience—Introducing the Humour-Flow Model

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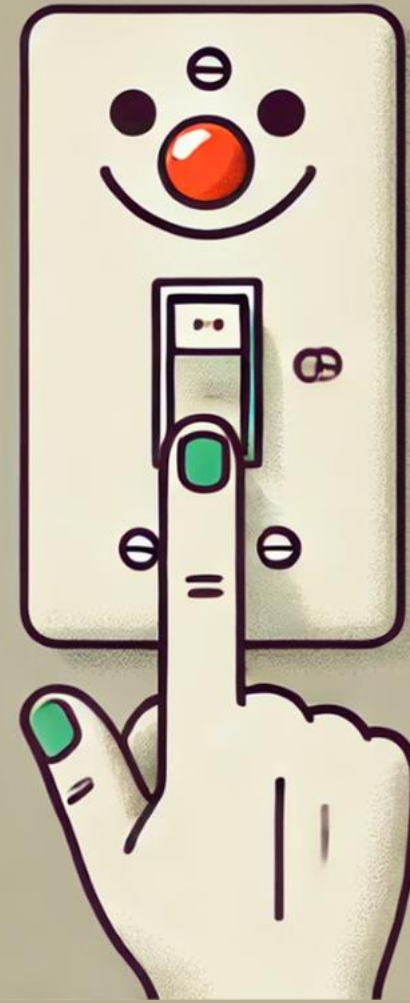
We have a choice



"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor Frankl

DO YOU USE **HUMOR**
BY CHANCE OR BY CHOICE?



Humor in practice

What are your
limiting or supporting
beliefs?



The purpose of humor

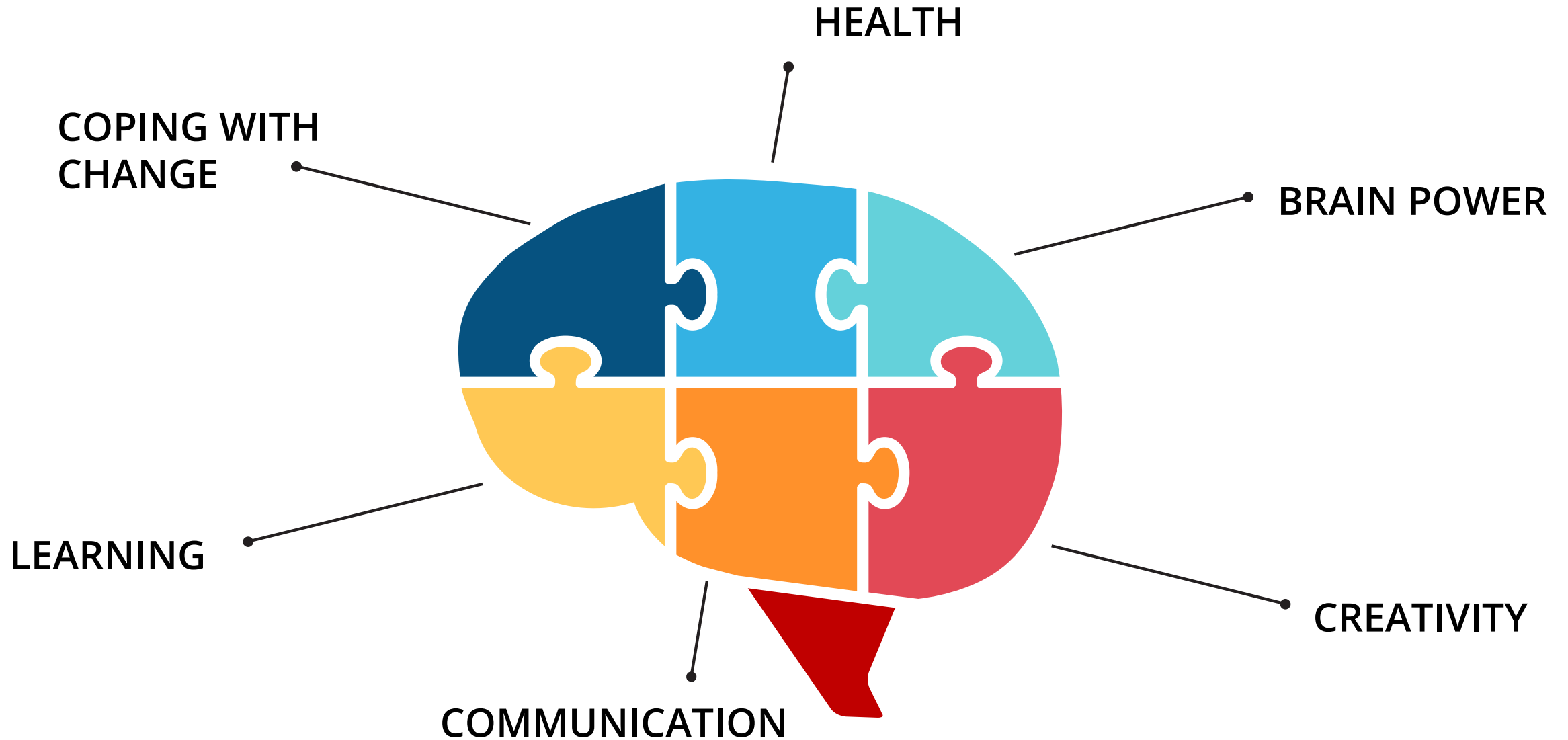


ENTERTAINMENT

WELLBEING

INFLUENCE

The benefits of humor



What is humor?



Forrás:
dr. Steven Sultanoff
<https://www.humormatters.com/>

What is humor?

Definitions from [Oxford Languages](#)

noun: **humor**

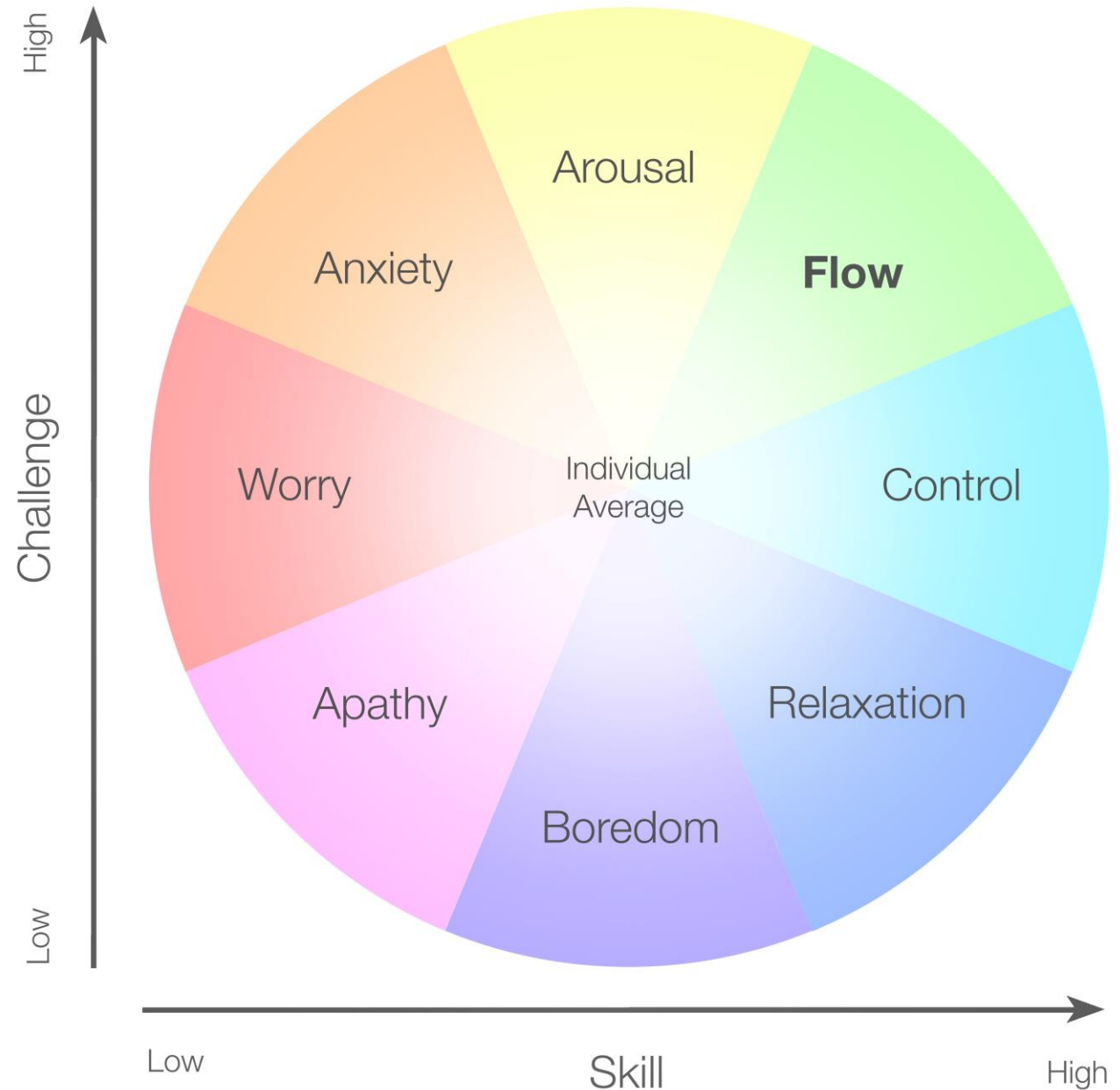
1. the quality of being amusing or comic, especially as expressed in literature or speech.
2. a mood or state of mind.

HUMERGY = humor + energy

Invented by Mary Kay Morrison,
founder of AATH Humor Academy

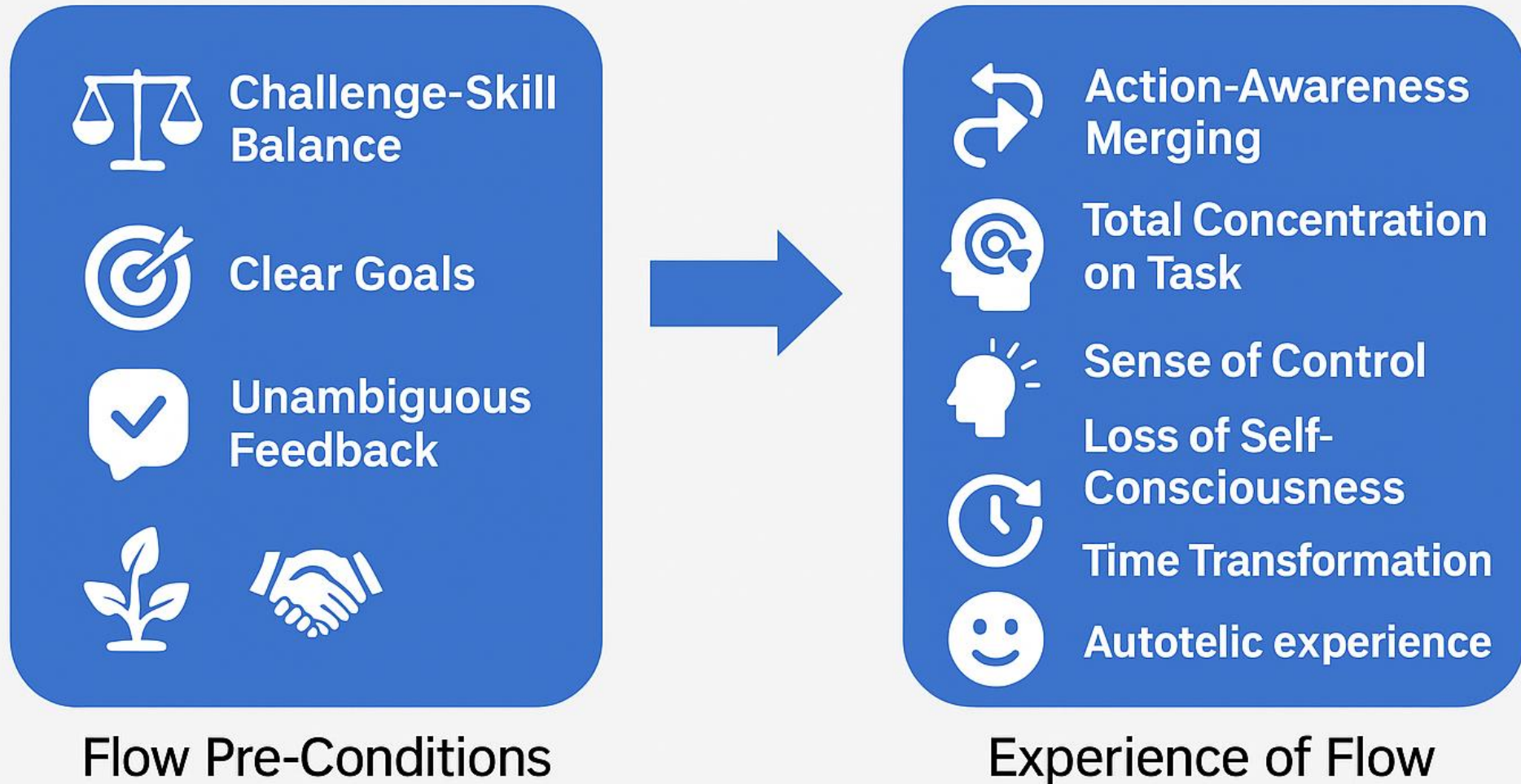


Flow – 8-Channel model



Source: Nakamura and Csikszentmihalyi

The Condition-Experience Model



Source: Nakamura and Csikszentmihalyi

Build your Toolkit



Fun-Framing



What is your red light?

Source: Todd Hart, <https://www.redlightlaughter.com/training-education>

Fun-Framing

Reframing with Fun

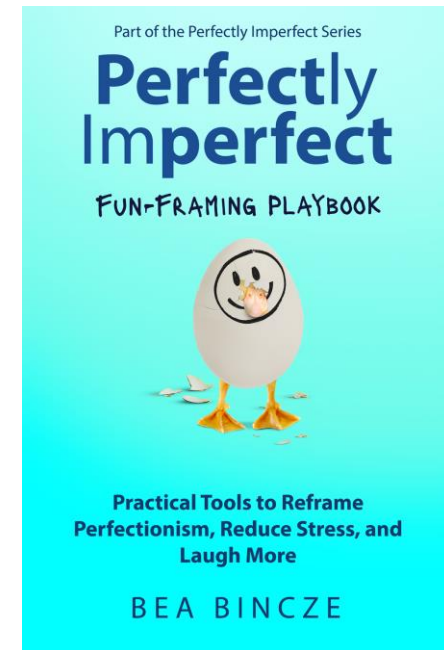
Frame



Feeling

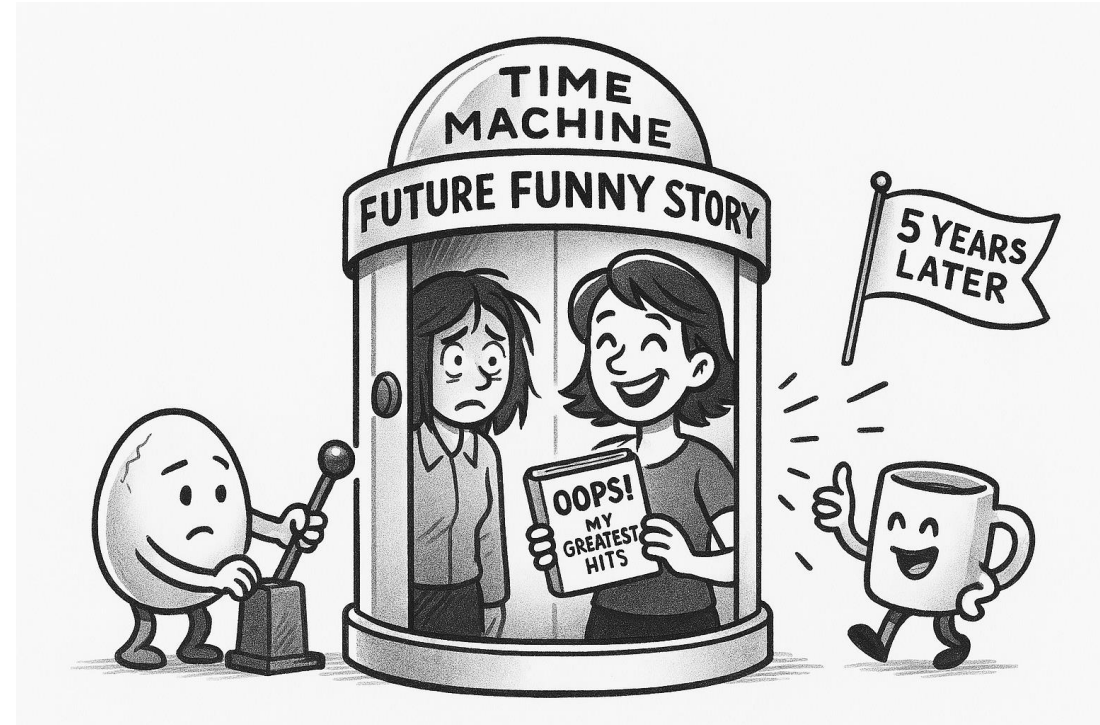
You have 1 minute to write down something that is annoying you, or that you are procrastinating about.

Then you will have 5 minutes in 3-people teams to fun-frame it.



Train your humor muscles

- Be a humor detective
- Time travel:
Play with your Past and Future-self



You don't have to be funny, notice the fun around you.

6 Steps to Safer, Funnier Communication

Step	What to Do	Why It Matters
1 Intention 🎯	Be clear about why you're using humor.	Ensures humor is connecting, not confusing.
2 Delivery 📢	Consider tone, timing, and audience before speaking.	Prevents misunderstandings.
3 Check-In 👁️	Observe facial expressions & reactions.	Helps adjust in real time.
4 Impact 🗣️	Accept that you can't control how humor is perceived.	Keeps you open to feedback.
5 Notice & Repair 🔧	Acknowledge if humor misfires & reframe it.	Builds trust & emotional intelligence.
6 Keep It Light & Learn 🚀	Use humor recovery phrases & move forward.	Maintains confidence & rapport.

Recalling a flow experience

Self-reflection exercise:

- Can you recall a time when you felt totally absorbed in what you were doing, where you felt strong and confident, and looking back on your experience, remember it as a time of great enjoyment?
- Can you replay what you were doing in your mind's eye and recall the feeling of your performance?
- What are you doing? How are you behaving when you are in a flow?

INDIVIDUAL FLOW TRIGGERS



PASSION/PURPOSE



RISK



NOVELTY



COMPLEXITY



UNPREDICTABILITY



DEEP EMBODIMENT



IMMEDIATE
FEEDBACK



CLEAR GOALS



CREATIVITY / PATTERN
RECOGNITION

GROUP FLOW TRIGGERS



Complete
Concentration



Shared Goals



Shared Risk



Yes, and... / Open
Communication



Close Listening



Autonomy / A sense
of Control



Blending Egos



Familiarity



Equal Participation

Your Action Plan

What will be the first baby step you will take to use humor and flow by choice?

Further Resources

Association for Applied and Therapeutic Humor

www.aath.org

Humor style tests:

<https://quiz.humorseriously.com/>

<https://www.humorthatworks.com/start-here/>

Humor App: LaughMD

<https://www.laughmd.com/video-app>

Prof. Frank Chindamo: frank@laughMD.com

My book

www.amazon.com/Perfectly-Imperfect-Fun-Framing-Practical-Perfectionism-ebook/dp/B0F5SJN1TT/

How can I support you?

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<https://businesscoach.hu/en/humor-ambassadors-online-train-the-trainer-program/>

[Schedule a 15-minute online discovery call](#)

