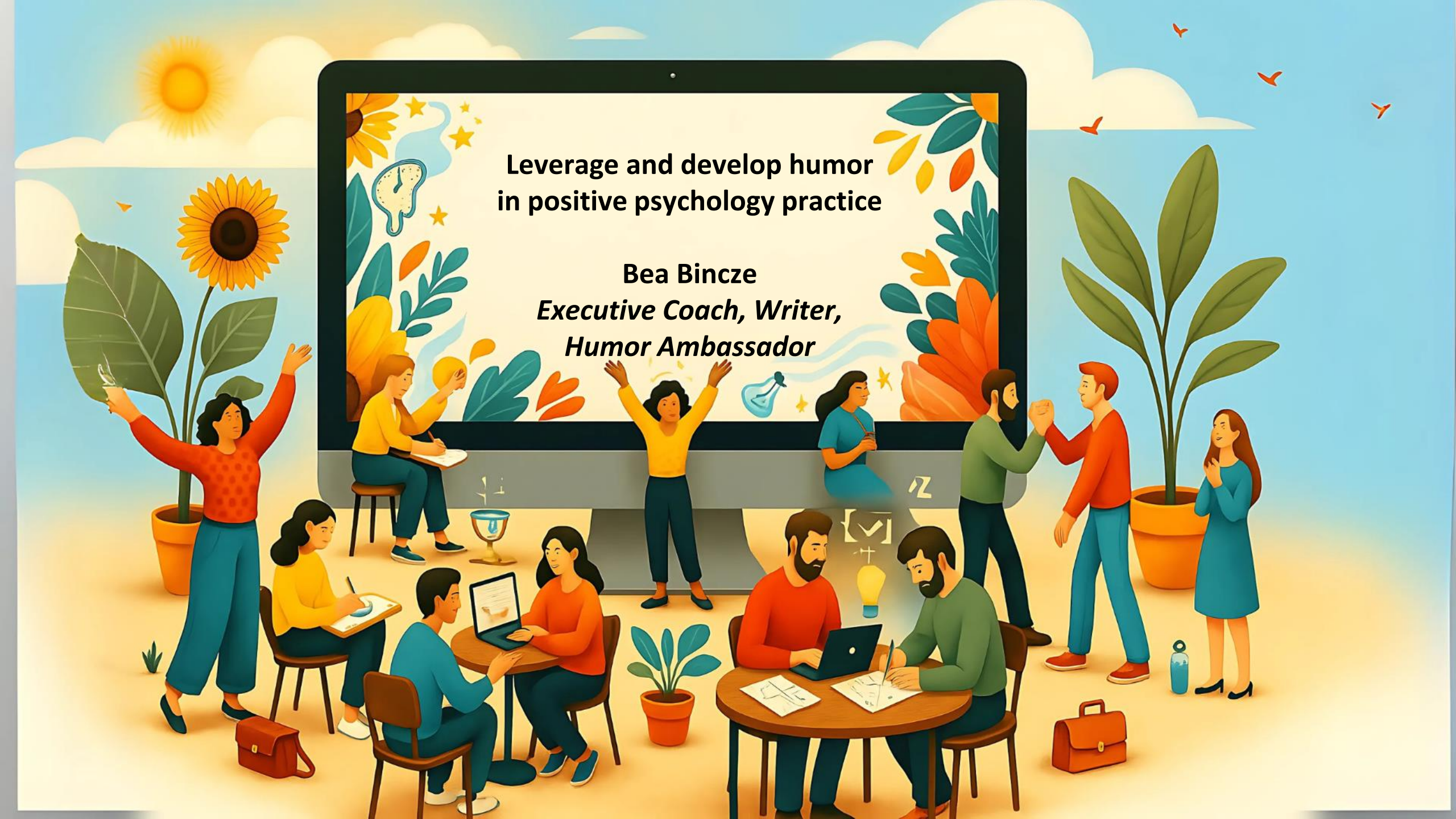




Leverage and develop humor in positive psychology practice

Bea Bincze
*Executive Coach, Writer,
Humor Ambassador*

How many
times did
you laugh
yesterday?

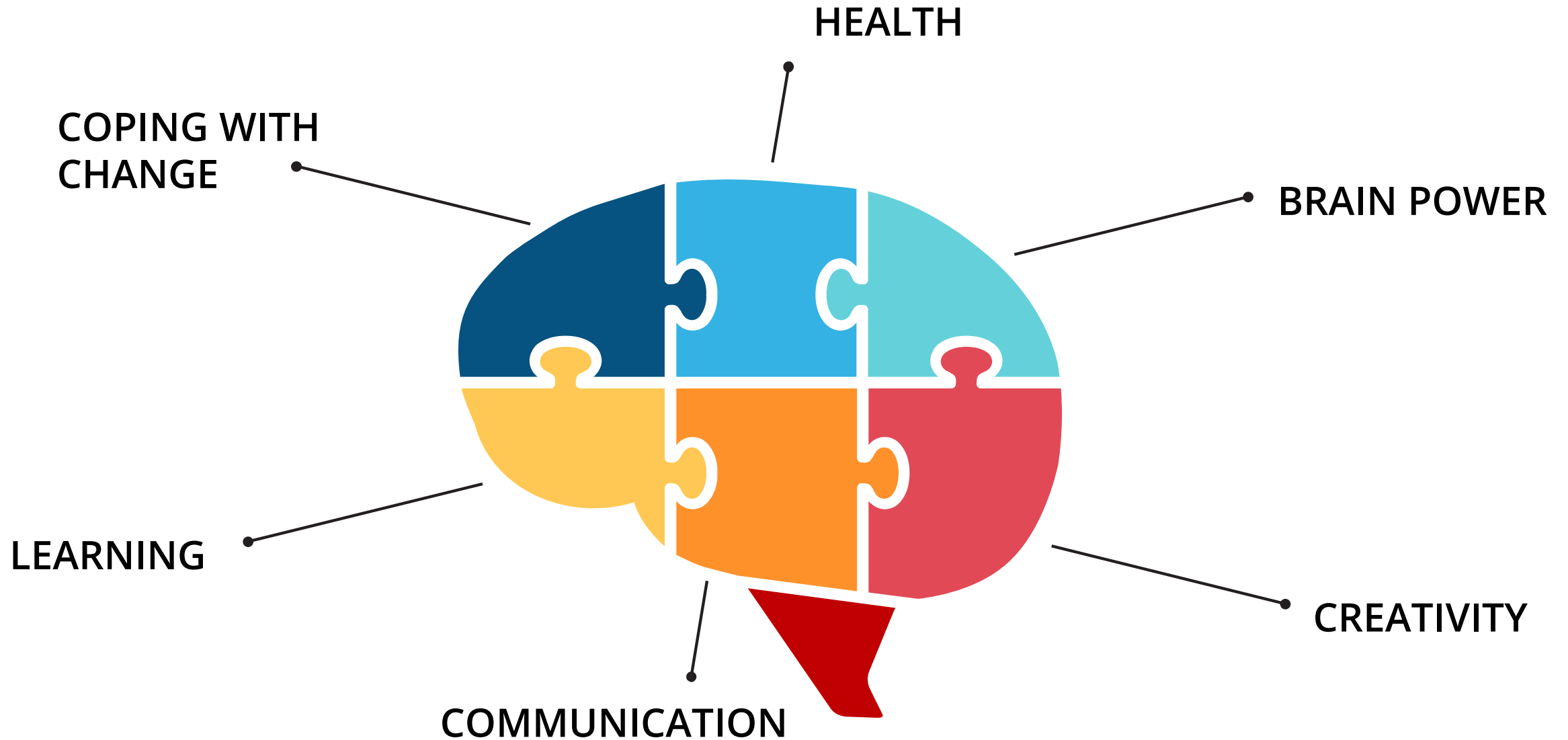




**"Laughter is today where
meditation was 20 years ago."**

*Anna Hatchard,
Founder of Laughter Lab*

The benefits of humor



Do you want to learn more about humor?



www.aath.org

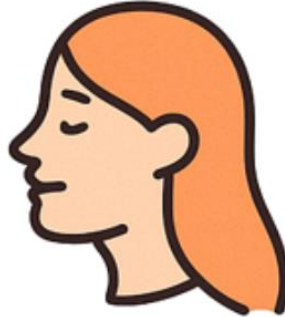
10 positive emotions



Joy



Gratitude



Serenity



Interest



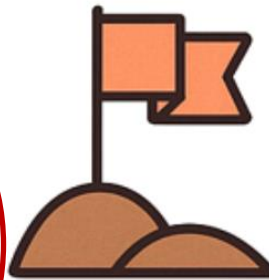
Hope



Pride



Amusement



Inspiration



Awe



Love

MICRO MOMENTS OF POSITIVITY RESONANCE

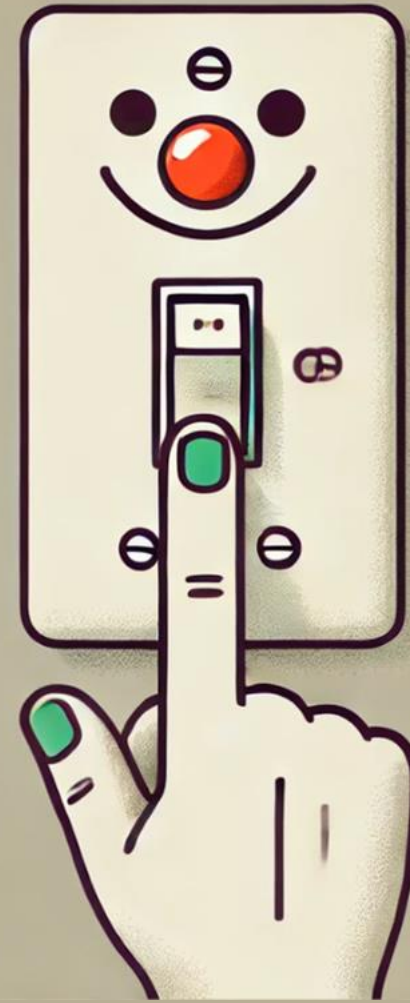


Source: Barbara Fredrickson

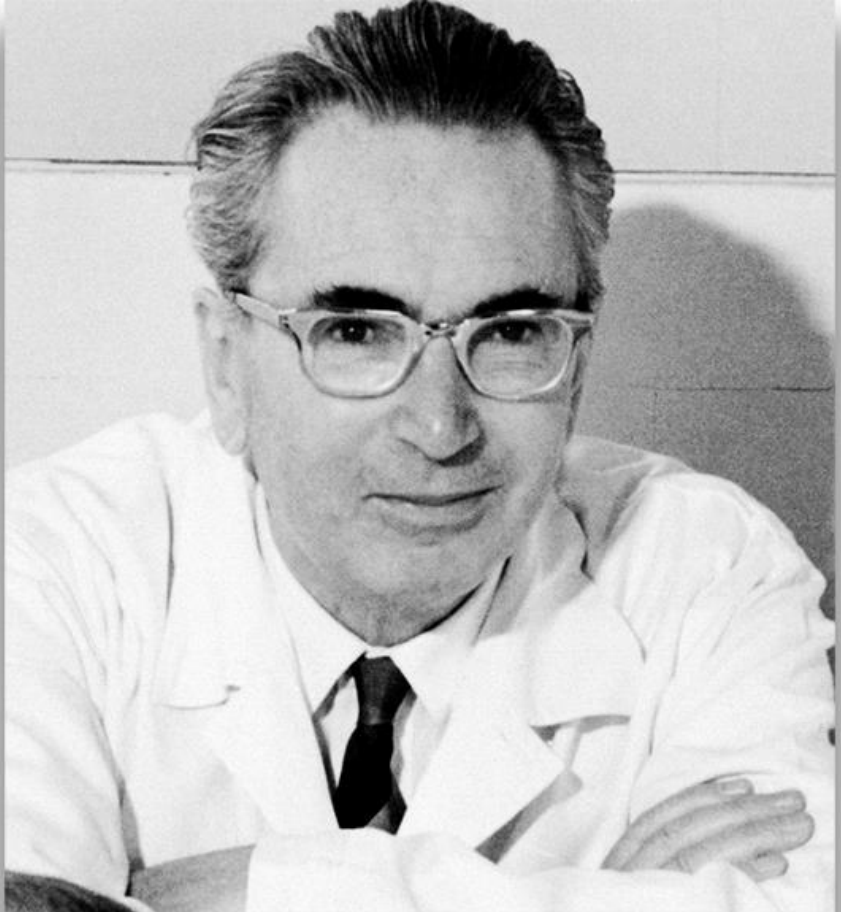
HUMOR AMONG THE 24 VIA CHARACTER STRENGTHS

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

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



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

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.

Fun-Framing



What is your red light?

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

Fun-Framing

Reframing with Fun

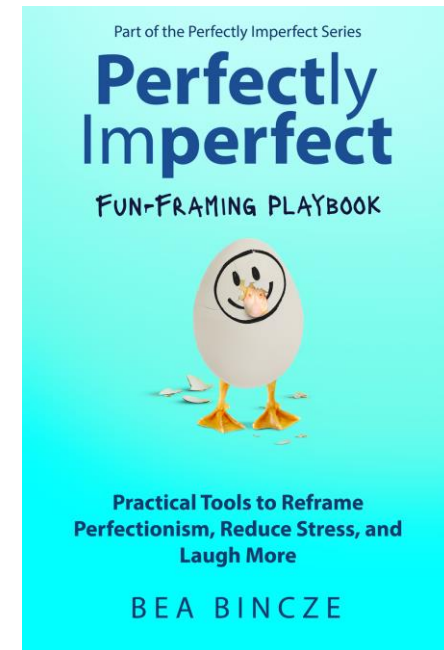
Frame



Feeling

Think about something that is annoying or that you keep procrastinating!

How would you fun-frame it?





Your Action Plan

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



Do you want to download the file?

For more info:

www.humorambassadors.com



How can we support you?

Bea Bincze PCC, CHP, DTM

Executive coach, trainer, Humor Ambassador
Business Coach Kft.

bea.bincze@businesscoach.hu

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

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



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/