

Laugh your way to solution!

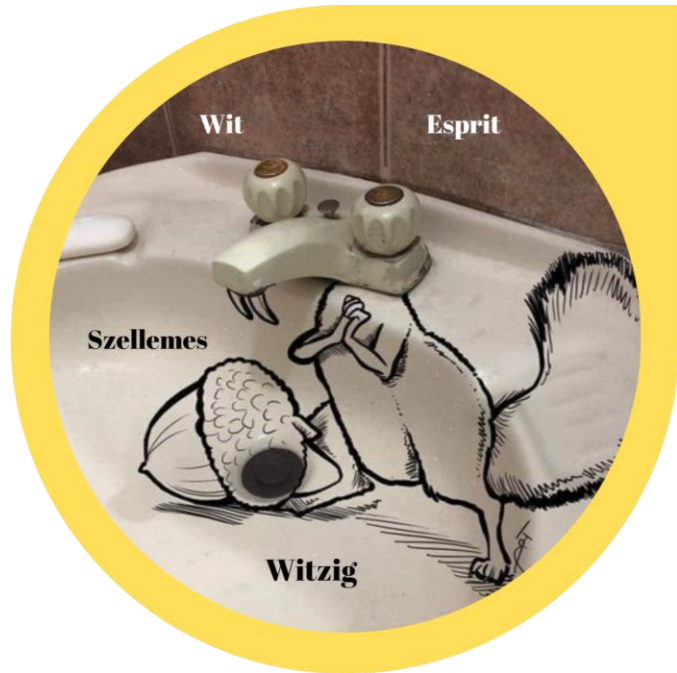
Facilitators:
Bea Bincze and Kornél Csajtai



A close-up photograph of two human hands held palm-up against a dark wood-grain background. The left hand holds a small, white, torn-edged piece of paper with the words "GOOD NEWS" written in bold, black, hand-drawn capital letters. The right hand holds a similar piece of paper with the words "BAD NEWS" written in the same style. The lighting is bright, highlighting the texture of the skin and the wood.

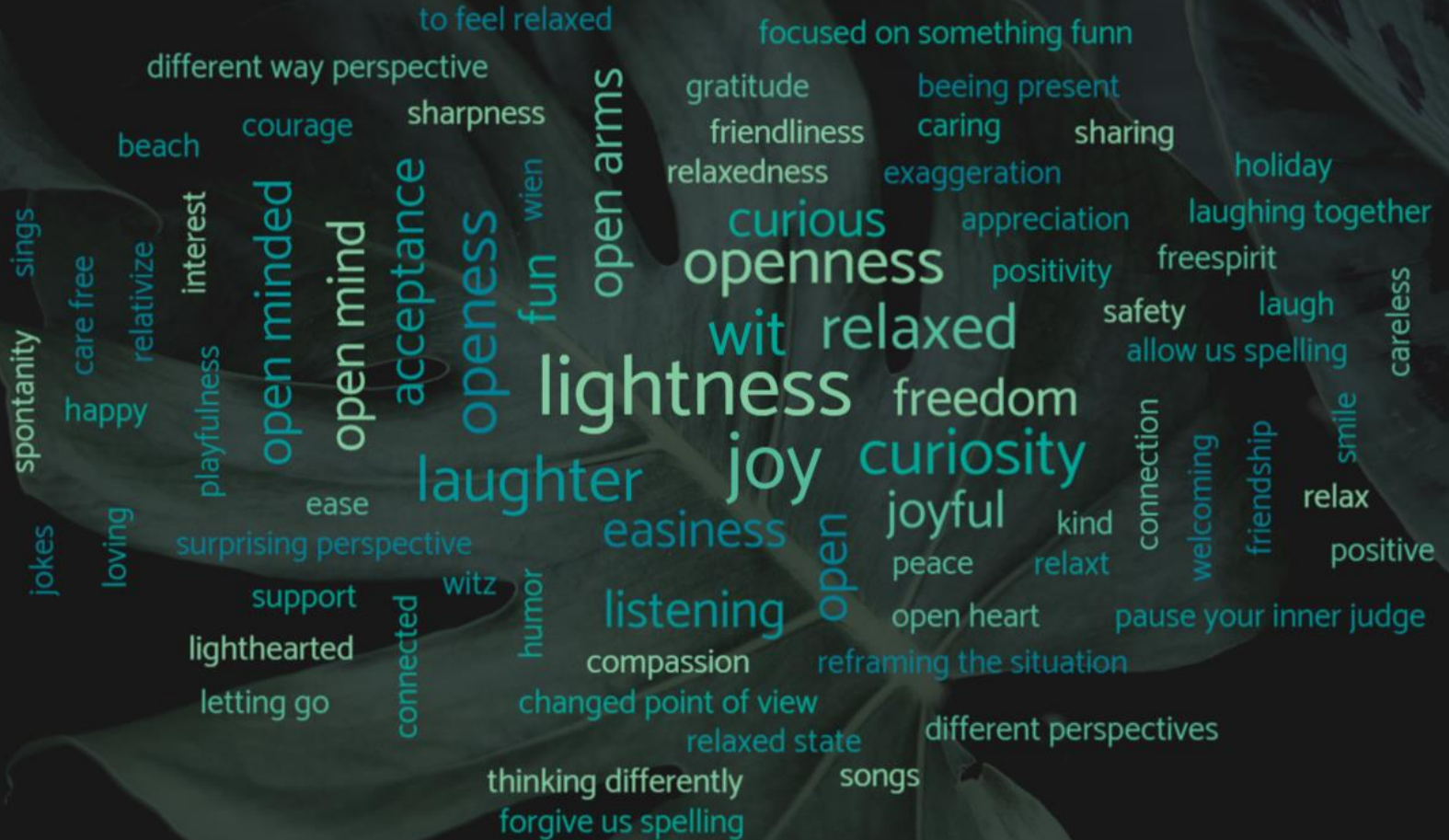
**GOOD
NEWS**

**BAD
NEWS**



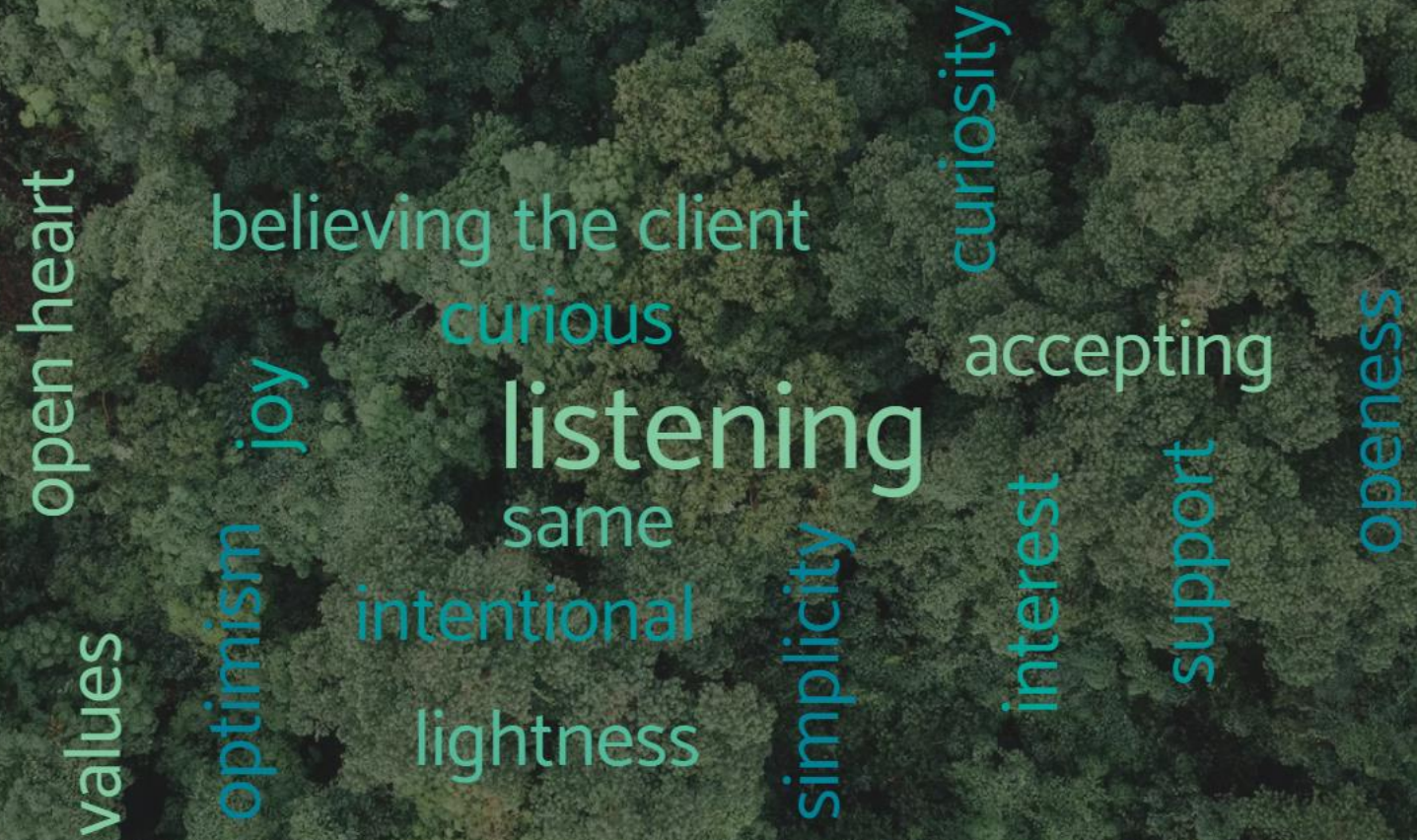
What attitude supports humor?

108 answers

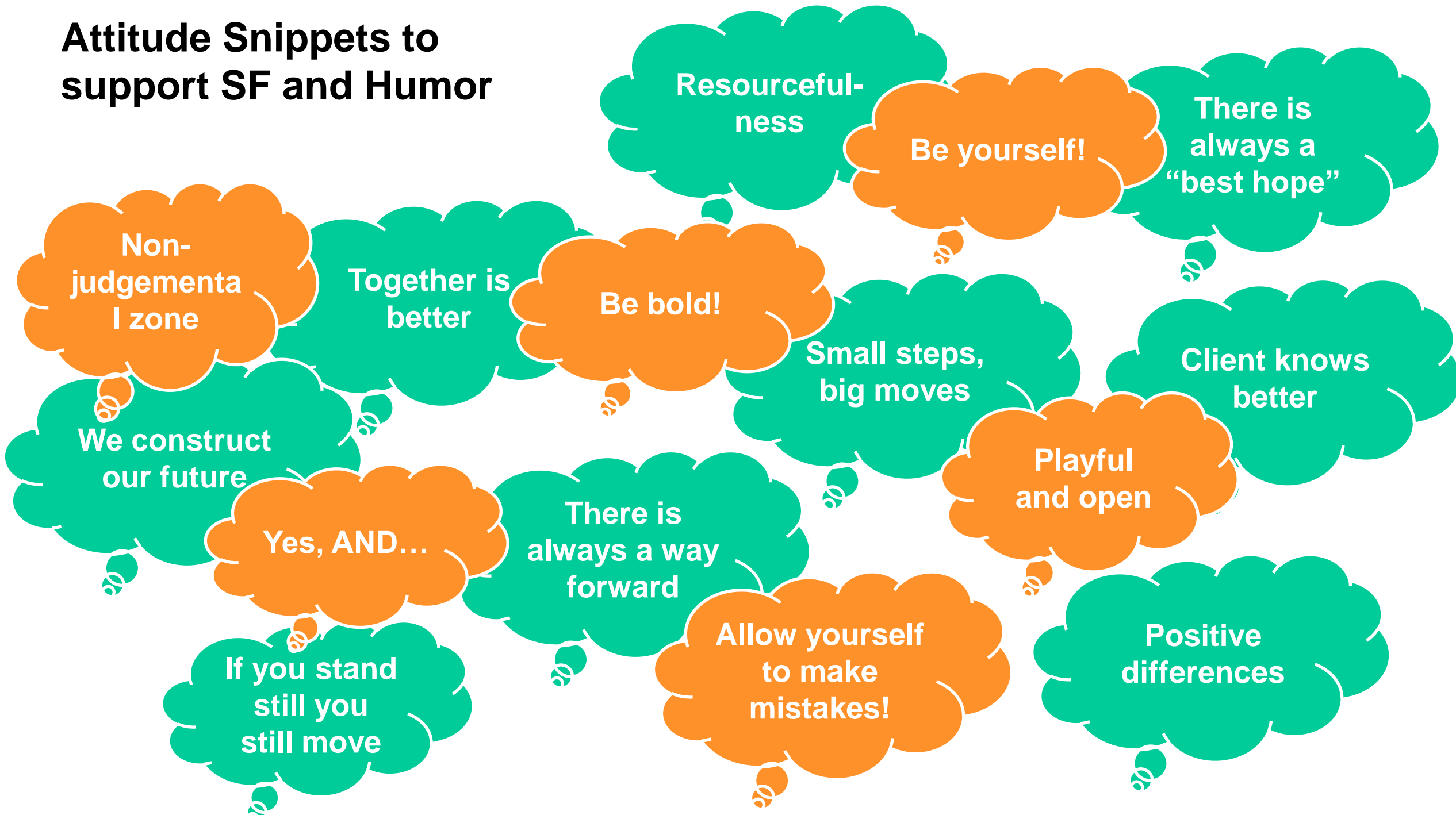


What attitude supports SF mindset?

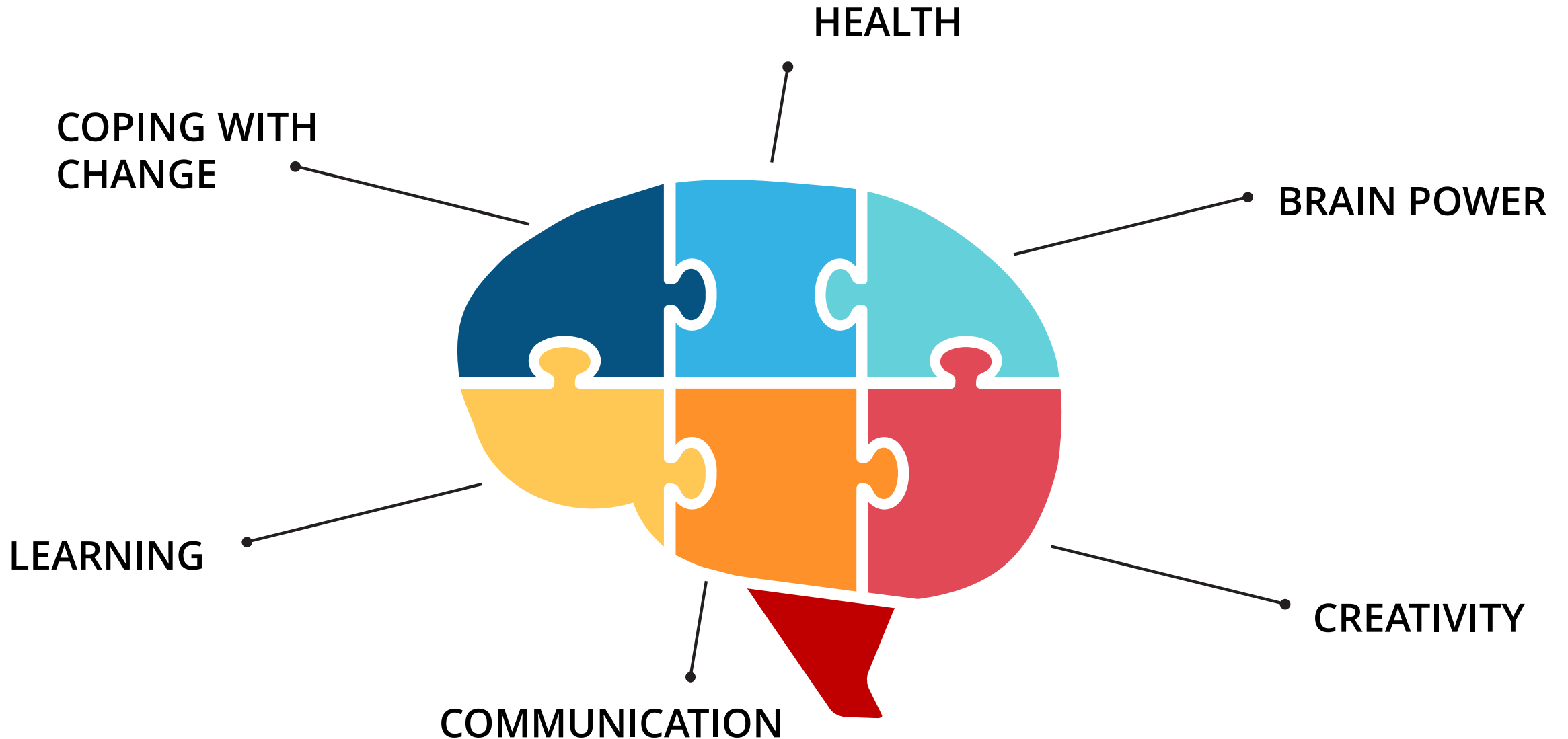
17 answers



Attitude Snippets to support SF and Humor



The benefits of humor



My favorite coctail

D.O.S.E.

- Dopamine
- Oxytocin
- Serotonin
- Endorphins



**tragedy + time =
comedy**

“One day we will laugh
at this!”

Why not today???



Reframing



What is your red light?

And you?

How do you use humor in coaching or SF practice?





Humor is team sport

Laugh with them, not at them!

The humor is like my Trabant

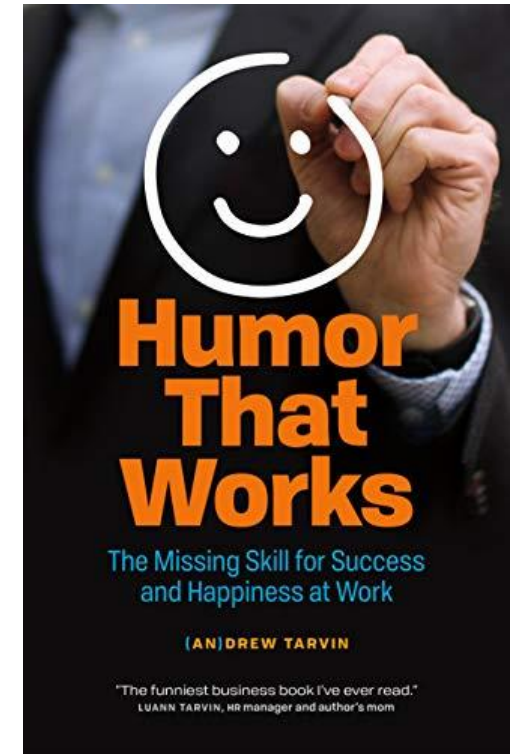
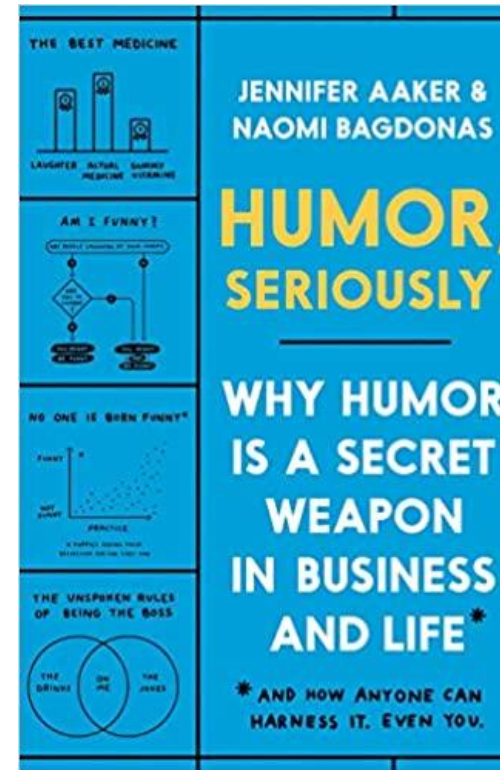
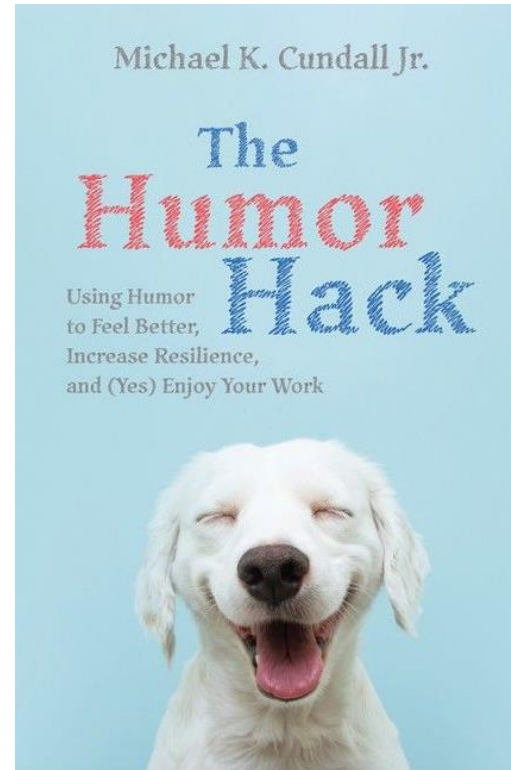
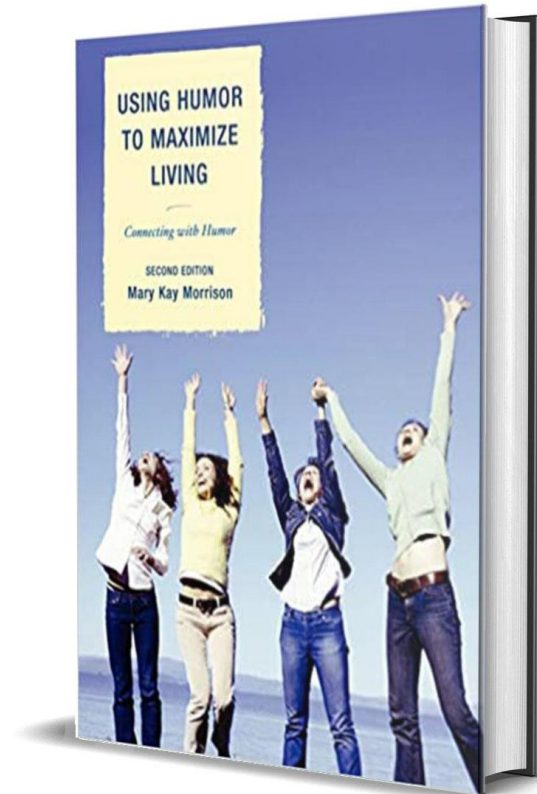
Shift you focus and laugh more!



Literature



Association of Applied
and Therapeutic Humor
www.aath.org





How can we help?

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