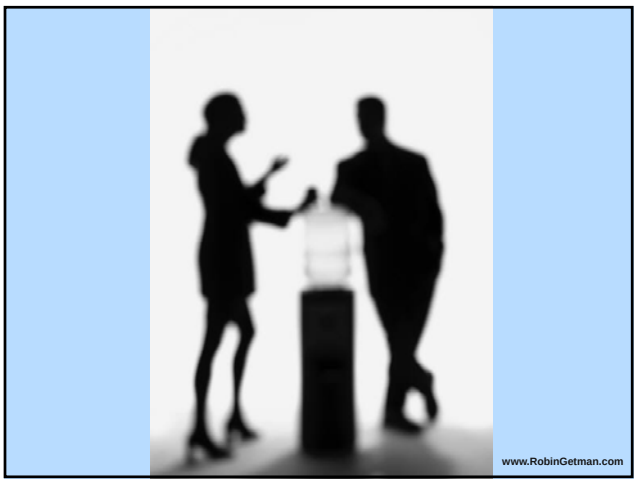
LAUGH.

(for the Health of It!)

Robin Getman, CSP
speaker trainer humorist



Set a high bar.

Lower your expect-ations.

What's your mindset?

- Learner
- Vacationer
- Visitor
- Prisoner

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Please take responsibility for the energy you bring into this space.

Dr. Jill Bolte-Taylor

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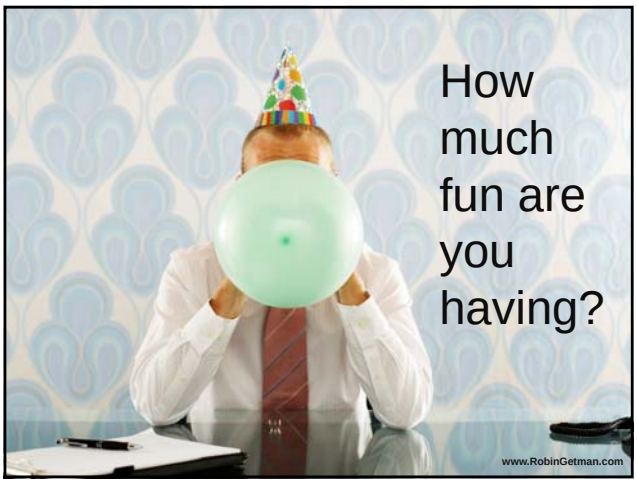
Three
FUNdamental
Questions
www.RobinGetman.com


How much fun are you having?
www.RobinGetman.com

How much fun are you?
www.RobinGetman.com

Can you **have** or **be** more fun?
www.RobinGetman.com

yabut
www.RobinGetman.com

Safety isn't funny.
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Tell me about it.
www.RobinGetman.com

www.RobinGetman.com

What are you leaving behind?
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Be Exceptional
www.RobinGetman.com

Beware the Exceptional
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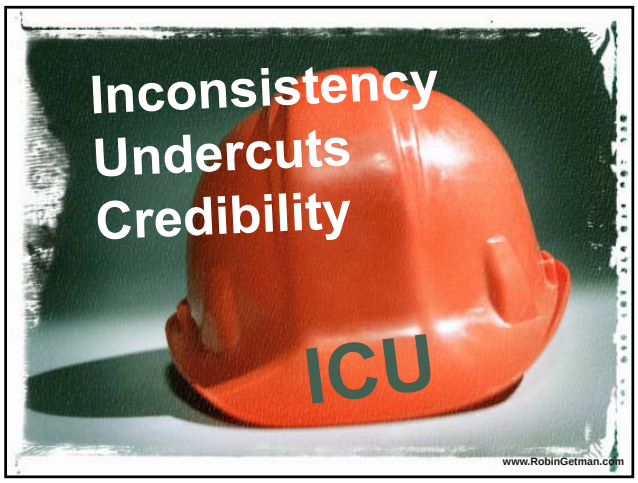
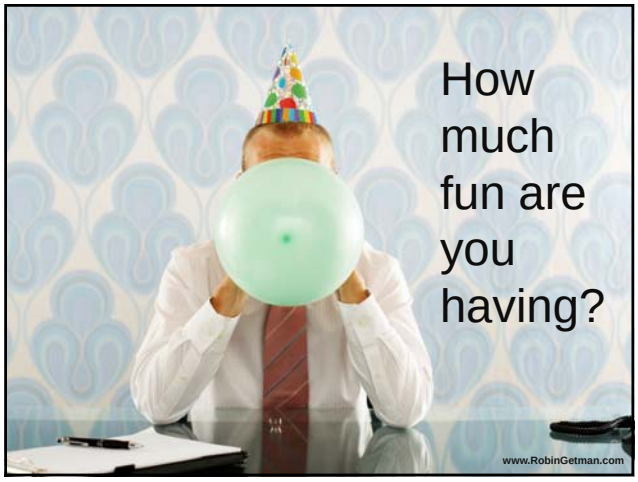
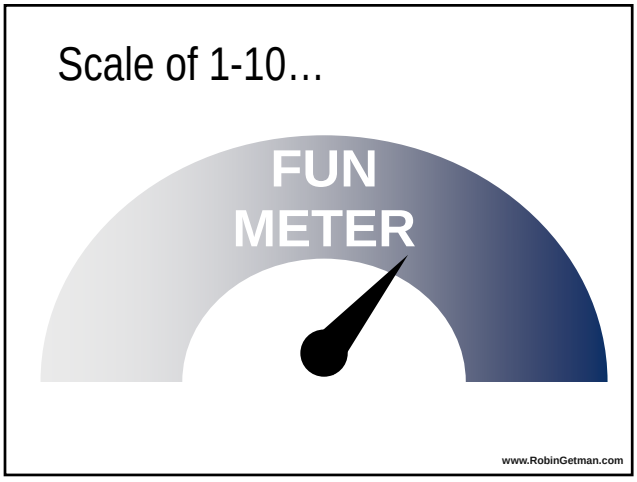
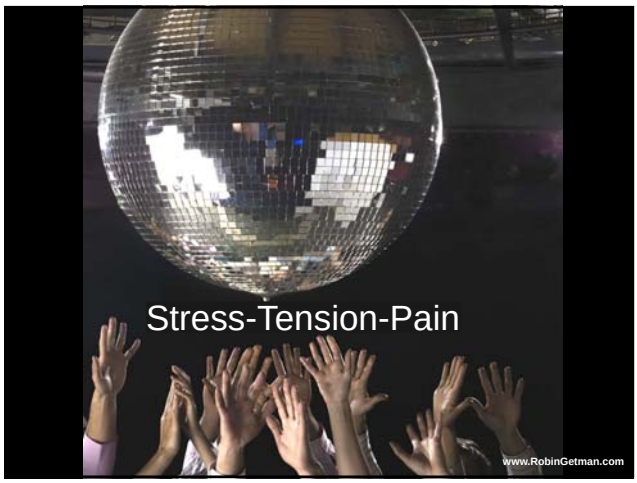

Inconsistency
Undercuts
Credibility
ICU
www.RobinGetman.com

FUNdamental
Question #1
www.RobinGetman.com


How
much
fun are
you
having?
www.RobinGetman.com


Scale of 1-10…
FUN
METER
www.RobinGetman.com


Stress-Tension-Pain
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Frequently Fun Folks
www.RobinGetman.com

FUNdamental
Question #2
www.RobinGetman.com

How much
fun are you?
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Who's the M-O-D?

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"We gather 10-20 of your closest coworkers…"

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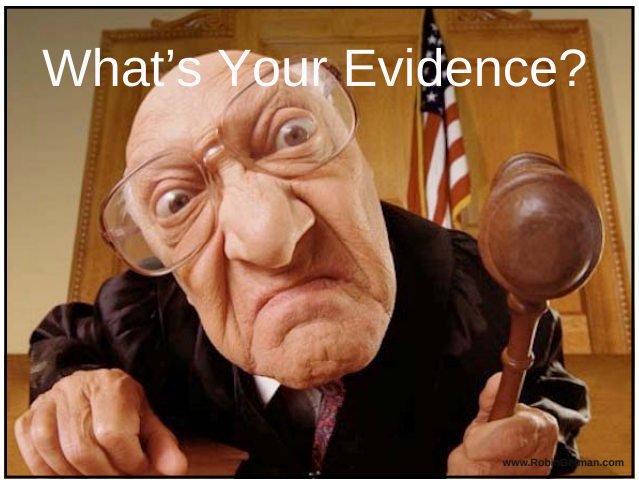
0:00:00.00
WATER RESISTANT
www.RobinGetman.com

Energetic
Fun
Former
super
model
www.RobinGetman.com


What's Your Evidence?
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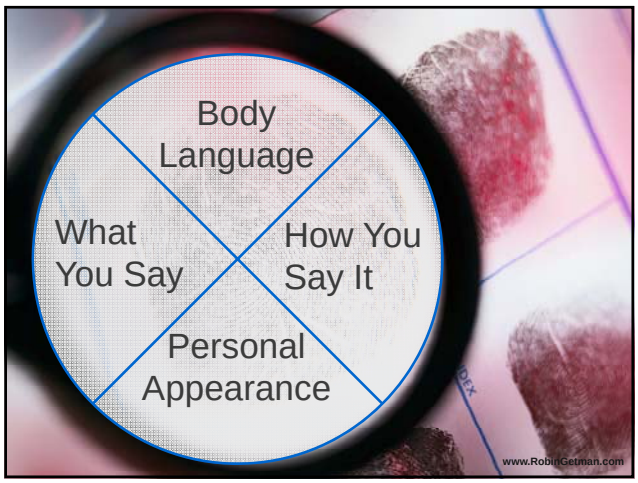
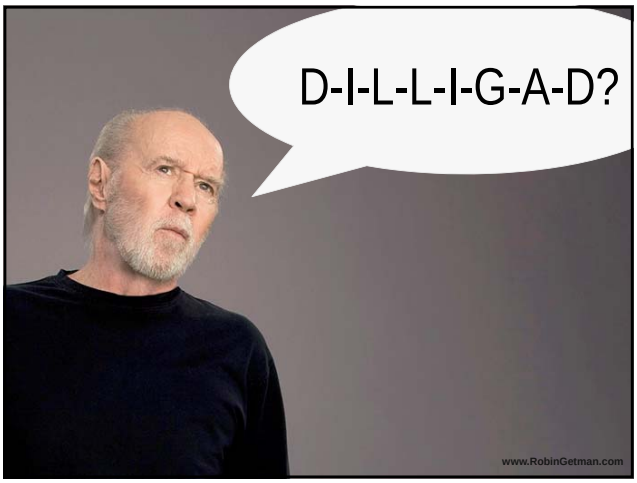
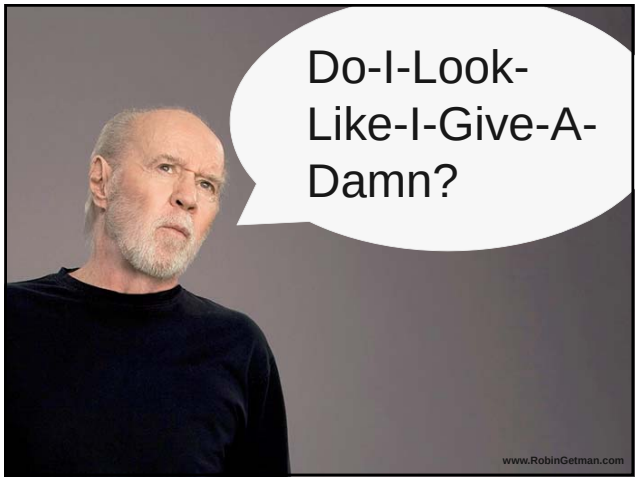
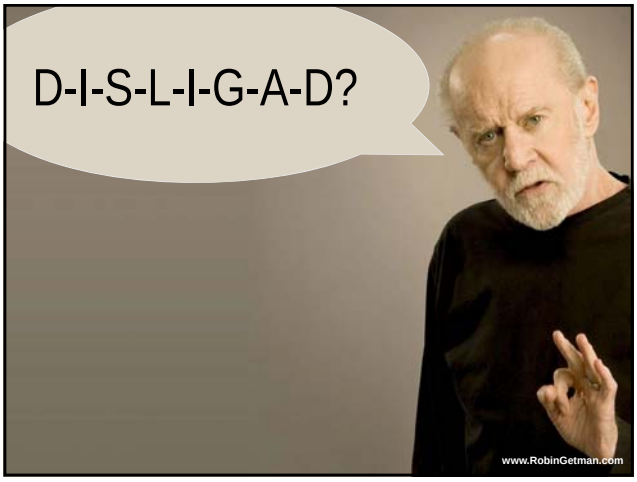
What are
you leaving
behind?
www.RobinGetman.com


Body Language
What You Say
How You Say It
Personal Appearance
www.RobinGetman.com


D-I-L-L-I-G-A-D?
www.RobinGetman.com

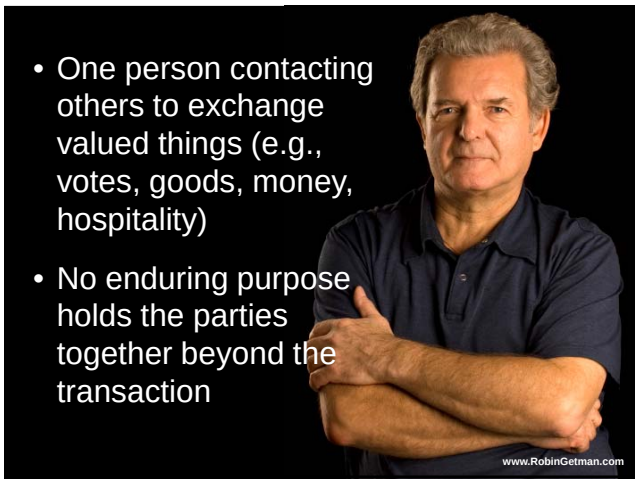

Do-I-Look-Like-I-Give-A-Damn?
www.RobinGetman.com


D-I-S-L-I-G-A-D?
www.RobinGetman.com

Leadership
by James M. Burns

Transactional Transformational

www.RobinGetman.com


• One person contacting others to exchange valued things (e.g., votes, goods, money, hospitality)
• No enduring purpose holds the parties together beyond the transaction
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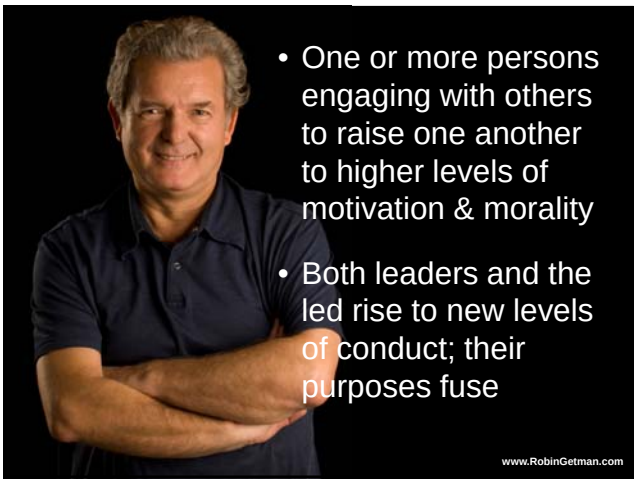
• One or more persons engaging with others to raise one another to higher levels of motivation & morality
• Both leaders and the led rise to new levels of conduct; their purposes fuse
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FUNdamental Question #3
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Can you **have** or **be** more fun?
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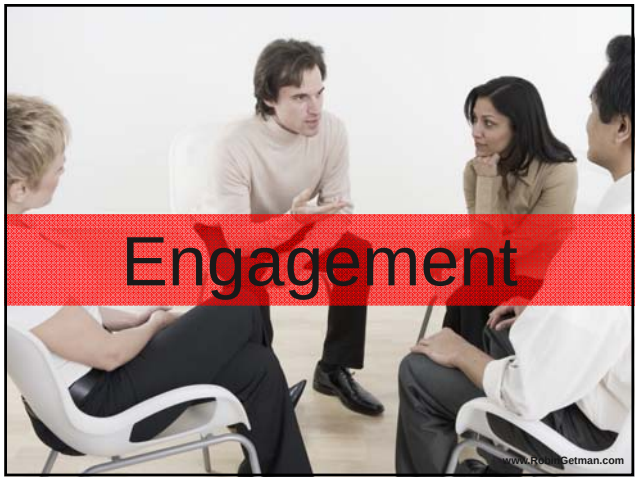
PEP UP
www.RobinGetman.com

Pleasure
www.RobinGetman.com


Engagement
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Purpose
www.RobinGetman.com

If you want happiness for an hour–

www.RobinGetman.com

If you want happiness for a day–

www.RobinGetman.com

If you want happiness for a month–

www.RobinGetman.com

If you want happiness for a year–

www.RobinGetman.com

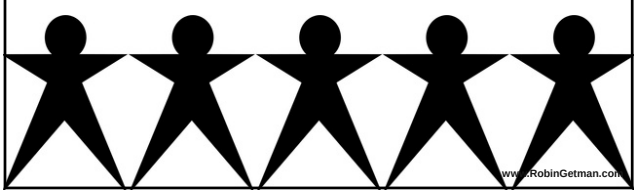
If you want happiness for a lifetime–

www.RobinGetman.com

The better angels of your nature

www.RobinGetman.com

HELP PEOPLE.
FEEL GOOD.



I've talked to nearly 30,000 people –
All 30,000 had one thing in common...

They all wanted...

VALIDATION

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Do you see me?

Do you hear me?

Does what I say mean anything at all to you?

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If you want to be happy,
be compassionate
to others.

– Dalai Lama

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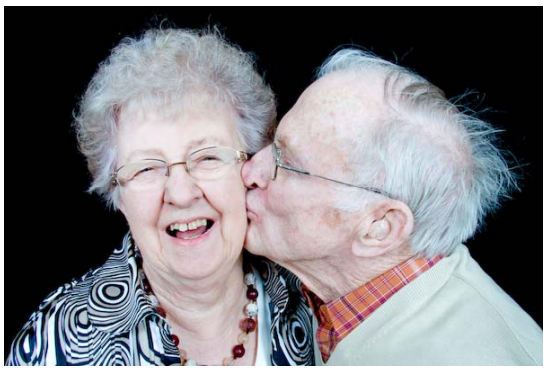
THE SMOOCH! PROJECT™



Mudita

(Moo-DEE-tah)

Pali: Appreciative Joy

Pay yourself first

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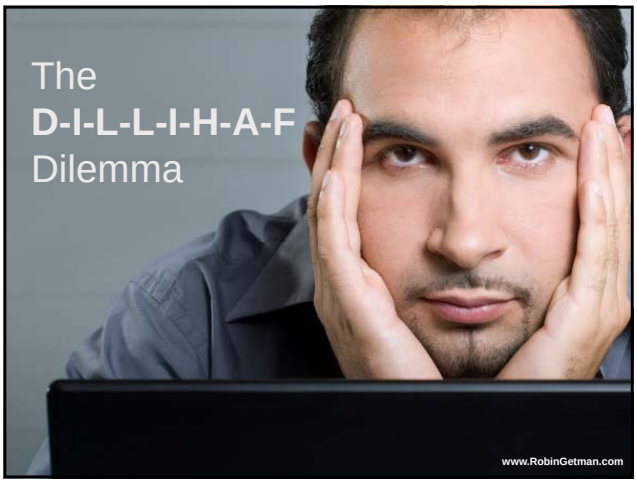

What's your laughter I.Q.?

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Alleviates…
• Stress
• Tension
• Pain
• Petty annoyances
www.RobinGetman.com

• Improves imagination
• Enhances creativity
• Sharpens thinking
www.RobinGetman.com

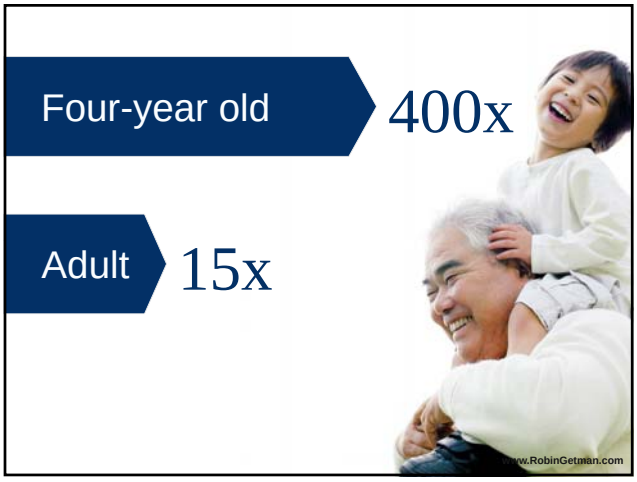
Transforms:
• Anger
• Anxiety
• Fear
• Embarrassment
www.RobinGetman.com

Increases learning
www.RobinGetman.com

Raises self-confidence
www.RobinGetman.com

• Raises endorphin levels
• Bolsters immune system
www.RobinGetman.com

Enhances respiration and burns calories
www.RobinGetman.com


Four-year old
400x
Adult
15x
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MYTH #1
You need a **reason**

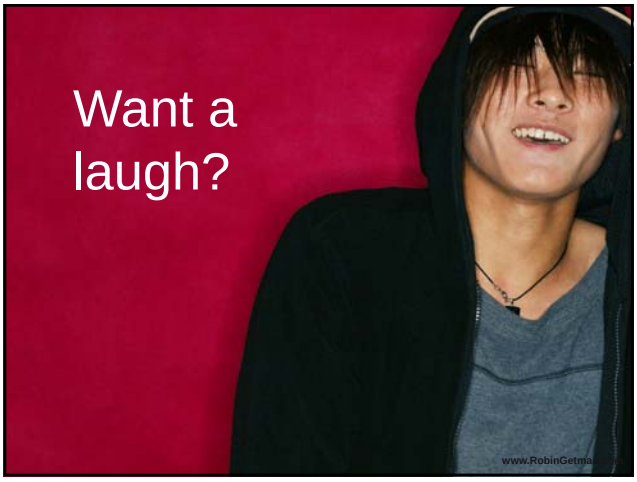
MYTH #2

You have to be **happy**

MYTH #3

You need a **sense of humor**

Want a laugh?



After Laughter

- Eyes
- Cheeks
- Lungs
- Muscles
- Blood pressure
- Heart rate
- Endorphins

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Even if there's nothing to laugh about, laugh on credit.

– Anon

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Never try to teach a pig to sing…

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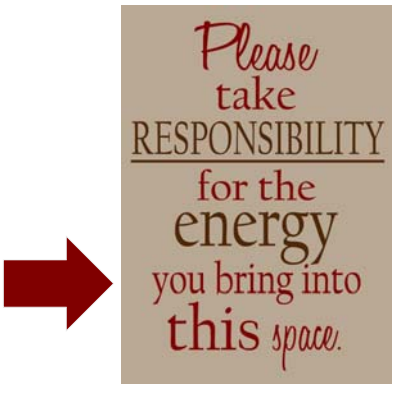

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