LAUGH.
(for the Health of It!)

Robin Getman, CSP
speakertrainerhumorist

Set a high bar.

Lower your expectations.
What’s your mindset?

- Learner
- Vacationer
- Visitor
- Prisoner

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

Dr. Jill Bolte-Taylor

What Are You Leaving Behind?

www.RobinGetman.com
Three **FUNdamental** Questions

How much fun are you having?

How much fun are you?

Can you have or be more fun?
Safety isn’t funny.

Tell me about it.
What are you leaving behind?

Be Exceptional

Beware the Exceptional
Inconsistency Undercuts Credibility

FUNdamental Question #1

How much fun are you having?

Scale of 1-10...
Frequently Fun Folks

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

“We gather 10-20 of your closest coworkers…”

What Are You Leaving Behind?

ROBIN GETMAN
speaker trainer humorist

Laugh from your toes... Lead from your soul... Serve from your heart...

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What’s Your Evidence?

What are you leaving behind?

Energetic Fun Former super model
What You Say

Personal Appearance

How You Say It

Body Language

Do-I-Look-Like-I-Give-A-Damn?

D-I-L-L-I-G-A-D?

D-I-S-L-I-G-A-D?
Do-I-Sound-Like-I-Give-A-Damn?

Leadership by James M. Burns

Transactional  Transformational
• One person contacting others to exchange valued things (e.g., votes, goods, money, hospitality)

• No enduring purpose holds the parties together beyond the transaction

• 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

FUNdamental Question #3

Can you have or be more fun?
PEP UP

Pleasure

Engagement

Purpose
If you want **happiness** for an hour–

If you want **happiness** for a day–
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—

The better angels of your nature

HELP PEOPLE. FEEL GOOD.
I’ve talked to nearly 30,000 people –
All 30,000 had one thing in common...
They all wanted...

VALIDATION

Do you see me?
Do you hear me?
Does what I say mean anything at all to you?

If you want to be happy,
be compassionate to others.
– Dalai Lama

Meaning
THE SMOOCH!
PROJECT™
Mudita
(Moo-DEE-tah)
Pali: Appreciative Joy
Pay yourself first

The D-I-L-L-I-H-A-F Dilemma

What's your laughter I.Q.?

Laughing... Makes you feel better
Alleviates…
• Stress
• Tension
• Pain
• Petty annoyances

www.RobinGetman.com

Improves imagination
Enhances creativity
Sharpens thinking

www.RobinGetman.com

Transforms:
• Anger
• Anxiety
• Fear
• Embarrassment

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Increases learning
Raises self-confidence

- Raises endorphin levels
- Bolsters immune system

Enhances respiration and burns calories

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

MYTH #2
You have to be happy

MYTH #3
You need a sense of humor

Want a laugh?
Even if there’s nothing to laugh about, laugh on credit.
– Anon

Never try to teach a pig to sing…

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