Improving Morale in the Workplace: Leveraging Laughter for a More Productive and Civil Work Environment

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10 min. = 10% drifting off

15 min. = 10% more taking mental vacations

20 min. = another 25% having sexual fantasies
The hazards of Leadership
“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
What is the connection between laughter, leadership, and leveraging a more productive and civil work environment?
First of all—Education is the key.
When humor is aligned with leadership
THE BRIDGE IS OURS!
“Once you get people laughing, they’re listening and you can teach them almost anything.”

--Herbert Gardner
You burn calories when you laugh.

“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”
We can listen four times faster than people can speak, so students (audience) tend to take “field trips” when someone is talking.
15 minutes of laughter equals the benefit of 2 hours sleep.
University of Chicago study shows a great sense of humor can add 8 years to your life.
One good belly laugh burns off 3.5 calories.

“Inside me there’s a thin person struggling to get out. Hopefully he’s burning a lot of calories!”
Laughter is social—you are 30 times more likely to occur in group situations than in solitary ones (Provine, 2000).
"I see dumb people... they're everywhere. They walk around like everyone else. They don't even know that they're dumb."
Whoa! ... That can't be right!
If we pull this off, we'll eat like kings.
Stay focused on Humor (leadership)
Leadership, Learning, and the Brain
The Brain

• Cognitive
• Emotional
• Reflective
Memory

Immediate Memory

Working Memory

Long Term Storage

Cognitive Belief System

SENSORY REGISTER

OUT

OUT

ENVIRONMENT

SIGHT

HEAR

TOUCH

SMELL

TASTE

CARDINAL STRITCH UNIVERSITY
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Some Interior Parts of the Brain

- Cerebrum
- Thalamus
- Corpus Callosum
- Frontal Lobe
- Amygdala
- Cerebellum
- Hippocampus
- Brain Stem (RAS)
Differences between Male and Female brains
FOOTNOTE: Note how closely connected the small sex cell is to the listening gland.
THE MALE BRAIN

FOOTNOTE: the "Listening to children cry in the middle of the night" gland is not shown due to it's small and underdeveloped nature. Best viewed under a microscope.
You are here
5. Humor Builds Culture
When the Culture is Good
Good work, but I think we might need just a little more detail right here.

Then a miracle occurs
Humor, connected to the material helps people remember the material 17% longer and approximately 37% more effectively.
Using the right media to “talk” to your audience--Millennial Age
Examples of Videagogy
OK, How am I doing so far—talk among yourselves

The Answer = Excellent
7. Team work, socialization, and/or relationships
Proverb from Ghana:
“Tell the truth and run”.
8. Communication
= speaker + symbol + receiver

This is an EXCELLENT presentation
But, this is what most people hear

Blah, blah, blah

A sea of blah
WHAT leaders say is not nearly as important as HOW they say it!

A dull message delivered by a charismatic leader will be more readily accepted.

However, an excellent message delivered by someone who is not interesting, will not engage the audience.
It takes work
“Aside from ulcers, heart attacks, bypass surgery, drug and alcohol problems, and broken families, a little hard work never hurt anyone!”
ALWAYS GIVE 100% AT WORK

12% MONDAY
23% TUESDAY
40% WEDNESDAY
20% THURSDAY
5% FRIDAY
Time for an Assessment
The attached photograph shows two almost identical dolphins leaping out of the water side-by-side. It is a picture used in a study of stress levels at major hospitals. The study had subjects look at the picture and describe any differences they observed between the two dolphins. The closely monitored study revealed that a person under stress would find differences between the virtually identical dolphins pictured. Moreover, subjects experiencing a great amount of stress found many differences between the two dolphins. Now look at the following photograph. Do you observe notable differences between the two dolphins?
10. Humor Reduces Tension and Stress
Oh, great! Now there goes my hat!
11. Creativity and divergent thinking
The only person who does not fear change is a baby with wet diapers.
12. Humor Helps Maintain Interest at Work

Commitment: The story of breakfast
That's why I never walk in front.
Had I known Hell was going to be exactly like work, I probably wouldn’t have spent as much time there.
Leaders Know Use a Variety of Styles
Leaders know when to help someone up
And when to push them down the stairs
Leaders are ethical
You can always count on people to do the right thing after trying everything else.
If you dig yourself into a hole, than the least you can do is stop digging for a minute.
Don't make me come down there.

- God
If the horse is dead

Dismount
Looks like you've got all the data--what's the holdup?
Final Thought:
Don’t Sweat the Small Stuff and Everything is the Small Stuff --- Always Have Fun
Five Aspects of Humor

1. Develop a database of jokes, stories, saying etc

2. You do not have to re-invent the wheel. Search the internet—remember, research is nothing more than legalized plagiarism.

3. Always look for connections with your material.

4. Plan out the jokes, stories, or humorous activities.

5. Collect cartoons and be sure to label them or categorize them.
Ten Laws of Humor by Jonas

6. Keep track of the reactions you get with various jokes, stories, and activities.

7. Look at reality for some of the funniest things to discuss and use.

8. Do not be afraid to encourage individuals to develop a sense of humor in your organization.

9. Just do it. Don’t be afraid to make mistakes.

10. Be sure that you have tenure, or another job, before you try any of the suggestions.
How to change with a slight adjustment

Thank you