

**John Morreall, Ph.D. Humorworks® Keynotes and seminars on humor in the workplace**

There are thousands of funny speakers, but very few do research on the medical, psychological, and social benefits of humor. And only a small number of those show audiences practical ways to add humor to their work and their lives. Dr. John Morreall (MOR-EL) is far more than a funny speaker--he's an internationally recognized authority on humor and its benefits. He has been teaching college courses on humor since 1983. His seventy articles and six books include *Humor Works*, published by Human Resource Development Press. Since 1988 he has been on the editorial board of *Humor: International Journal of Humor Research*. For 2004-2005, John was elected President of the International Society for Humor Studies. His work has been featured in the *New York Times* (four times), the *Chicago Tribune*, and the *Washington Post*. His 1994 Chautauqua Institution presentation, "The Many Values of Humor," was rated as the best of the season. His clients include AT&T, IBM, and the IRS, along with several medical schools, a potato growers' coop, and a brewery.

At John's seminars and keynotes, people don't just laugh a lot--they learn a lot. He amuses, and amazes them with examples from real workplaces of how humor can reduce stress, boost morale, and makes communication more effective. Ever try a "Worst Customer of the Week Contest"? It may sound negative, but, done properly, it can have surprisingly positive results. As Dr. Morreall's research shows, humor helps us focus on problems in a constructive way.

Using real examples, lots of visual materials, and interactive exercises, John shows audiences how:

- Play is not the opposite of work.
- Physically and mentally, humor is the opposite of stress. Laughter lowers blood pressure, increases blood circulation, reduces muscle tension and pain, and boosts the immune system.
- Humor fosters mental flexibility, blocking negative emotions and allowing us to think our way through problems instead of feeling our way through them. It makes us more creative and better at coping with change. Humor gives us an objective attitude towards ourselves, making us less defensive and more cooperative.
- Sharing humor is essential to building and maintaining teams.
- Humor serves as a social lubricant. It improves most kinds of communication, especially potentially threatening messages such as warning, evaluating, criticizing, and saying no.
- Because humor short-circuits conflict, it is useful in coping with difficult people.
- Not all humor is positive. We need to avoid divisive humor such as sarcasm and sexist humor.
- Women and men frequently have different approaches to humor. Men's humor is often competitive, while women's is usually cooperative. When we understand these and other differences, we can harness the power of humor to benefit everyone.

"Just a quick word of thanks for the excellent session you led for our World Bank team... All of my colleagues were highly appreciative of your messages and the way in which you delivered them. You'll be glad to hear that—although it's only been a week—I have already made conscious use of the lesson... Thanks again for a terrific program."

--Gary Perlin, CFO, The World Bank

"I wanted to tell you what a huge success your seminar was for the team. I have gotten lots of very good feedback."

--Martha Morris, conference organizer, IBM Global Services

"I just wanted to drop you a note to tell you how much I enjoyed your seminar on humor. That was, by far, the best seminar I ever attended. The second reason I am writing is to tell you how I applied what I learned from you when I was held up a week ago..."

--Laurie Mark, bank teller, First Federal Savings and Loan

