



THE POWER OF HUMOUR: COMMUNICATE, MANAGE, AND LEAD WITH IMPACT

BY ELITE INDIGO



*Learn to use humour to enhance communication,
boost morale, and lead with authenticity, creating
meaningful connections and lasting impact.*



www.eliteindigo.com



khenghuat.koay@gmail.com



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The Power of Humour: Communicate, Manage, and Lead With Impact

• Program Overview

The "**Power of Humour: Communicate, Manage, and Lead with Impact**" program is a highly interactive and practical one-day training designed to equip individuals with the tools and techniques to leverage humour effectively in professional settings. Humour is not just about entertainment; it is a powerful tool for communication, building trust, enhancing team dynamics, reducing stress, and inspiring leadership. Participants will explore the psychology behind humour, develop a humour mindset, and learn to craft and deliver humorous content to improve workplace relationships, morale, and productivity.

• Program Objectives

BY the end of the program, participants will:

- **Understand the Psychology of Humour** – Gain insights into how humour works, its emotional and psychological impact, and its relevance in workplace environments.
- **Develop a Humour Mindset and Personality** – Learn to adopt a humour-oriented outlook that enhances resilience, creativity, and team cohesion.
- **Master the Art of Delivering Humour** – Acquire skills to develop and present humorous content confidently in conversations, meetings, and presentations.
- **Leverage Humour as a Leadership Tool** – Use humour to motivate teams, reduce workplace stress, and foster a positive and productive culture.



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• Program Key Learning Components

Participants will leave the program with the following skills and takeaways:

- **The Science of Humour** – Understanding how humour affects human emotions, relationships, and team dynamics.
- **Humour in Leadership** – Using humour to inspire, connect, and communicate with teams effectively.
- **Humour Mindset** – Techniques to develop a playful, resilient, and adaptable outlook toward challenges.
- **Practical Humour Tools** – Tools to identify appropriate humour, adapt to different audiences, and inject humour into professional conversations and presentations.
- **Presentation Delivery** – Skills to develop, structure, and deliver presentations with humour to keep audiences engaged and receptive.
- **Avoiding Pitfalls** – Learning when and where humour is appropriate while maintaining professionalism and sensitivity.

• **Duration** One (1) Full-Day Workshop;

• **Participants** 20 Max Pax Per Group



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• Why This Program is Essential Today

1. Improved Communication

Humour enhances clarity and engagement in communication, helping individuals deliver messages more effectively. Humour breaks down barriers, making conversations more open and collaborative.

2. Stronger Leadership Presence

Leaders who use humour appropriately are seen as more approachable, relatable, and inspiring. Humour can energize teams and drive productivity while maintaining a positive work culture.

3. Enhanced Team Cohesion

Humour fosters trust and camaraderie, leading to better teamwork. It creates a more relaxed, creative environment where employees feel valued and supported.

4. Reduced Workplace Stress

Humour is a proven stress reliever that contributes to employee well-being, reducing absenteeism, burnout, and turnover. Laughter can improve overall workplace morale and motivation.

5. Boosted Creativity and Innovation

A light-hearted approach to challenges stimulates creativity and problem-solving. Humour allows teams to think outside the box and build resilience in times of uncertainty.

6. Audience Engagement in Presentations

Humour makes presentations memorable and impactful, ensuring messages are delivered in a compelling way that resonates with teams, clients, and stakeholders.

7. Competitive Advantage

Organizations that embrace humour create a dynamic, adaptable, and people-oriented culture, attracting and retaining top talent while standing out in their industry.



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• Course Outline

DAY 1

Time	Activity + Learning
1 Hour	<p>Part 1: The Psychology of Humour (1 Hour)</p> <p>Introduction to the Psychology of Humour (10 mins)</p> <ul style="list-style-type: none"> • Definition and types of humour • Historical perspectives on humour <p>The Science Behind Humour (20 mins)</p> <ul style="list-style-type: none"> • How humour affects the brain and body • Psychological benefits of humour (stress reduction, mood, social bonding) <p>Understanding Humour in Social Contexts (20 mins)</p> <ul style="list-style-type: none"> • The role of humour in different cultures • The impact of humour on relationships and social dynamics <p>Interactive Activity: Humour Analysis (10 mins)</p> <ul style="list-style-type: none"> • Analysing different types of humour through video clips • Group discussion on what makes these examples effective
2 Hours	<p>Part 2: Developing a Humour Mindset and Personality (2 Hours)</p> <p>Building a Humour Mindset (30 mins)</p> <ul style="list-style-type: none"> • The importance of a positive and playful attitude • Strategies to cultivate a humour-oriented outlook in daily life <p>Enhancing Your Sense of Humour (30 mins)</p> <ul style="list-style-type: none"> • Techniques for observational skills and find humour in everyday situations • Exercises to develop quick wit and creativity <p>Interactive Activity: Humour Journaling (30 mins)</p> <ul style="list-style-type: none"> • Participants write down funny incidents and observations from their own lives • Sharing and discussing these entries with the group <p>Humour and Emotional Intelligence (30 mins)</p> <ul style="list-style-type: none"> • How humour can enhance emotional intelligence and empathy • Balancing humour with sensitivity and appropriateness



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• Course Outline

DAY 1 CONTINUED

Time	Activity + Learning
3 Hours	<p>Part 3: Developing and Delivering Humorous Presentations (3 Hours)</p> <p>Crafting Humorous Content (45 mins)</p> <ul style="list-style-type: none"> Integrating humour into your presentation structure Types of humour to use in professional settings (anecdotal, self-deprecating, etc) <p>Techniques for Effective Delivery (45 mins)</p> <ul style="list-style-type: none"> Body language, timing, and tone in delivering humour Engaging your audience and handling reactions <p>Interactive Activity: Presentation Practice (60 mins)</p> <ul style="list-style-type: none"> Participants prepare short humorous presentations Small group practice sessions with peer feedback <p>Refining Your Presentation (30 mins)</p> <ul style="list-style-type: none"> Tips for polishing and enhancing humorous elements Overcoming common challenges and pitfalls <p>Final Presentations and Group Feedback (60 mins)</p> <ul style="list-style-type: none"> Participants deliver their presentations to the entire group Group feedback and discussion on what worked well and areas for improvement

ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

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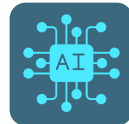
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Unleash your leadership potential with our Leadership Skills course



TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy

