



Training

Laughology offers a wide range of specialised training and consultancy based upon the unique Laughology model. They are suitable for delivery with staff and colleagues, as well as the people and organisations that you work with.

Laughology provides people with a way to use humour and laughter to enhance thinking skills; well-being, learning, retention and communication.

All of our courses have been designed and developed to stand alone or to be delivered over a series of sessions. Courses range from fun one-hour events and introductory courses to more in-depth courses lasting up to six weeks. We also deliver bespoke training packages, develop and deliver longer-term projects and offer consultation. Training can be delivered anywhere in the UK and we can also arrange the booking of training venues.



Laughology for Life - Introduction to the Laughology model for enhanced living

COURSE CODE: LA01

Would you like to know more about the secrets of using humour and laughter as a strategic skill for personal and professional development? Laughology presents individuals with new ways of thinking and acting that can be learnt and applied to every area of life. This course is an introduction to the Laughology model, where and when it can be used and how to improve performance at every level.

LEARNING OBJECTIVES:

- To understand what Laughology is and how it came about
- To gain knowledge of humour and laughter and how to use it effectively and appropriately
- To improve overall mental and physical health and well-being
- To understand how Laughology provides a positive intervention for success and achievement



The Humour being

COURSE CODE: LA02

Humour is a way of processing information which allows for perspective and control over challenges that may otherwise cause negative behaviour such as stress and anxiety.

Learning how to apply Laughology's cognitive techniques such as 'FLEX' and developing a psychology humour toolkit using the F.L.I.P model will increase your mental agility and emotional intelligence. This course will provide a strategic model for building humour vision for challenging times and will help with greater enjoyment of both work and life.

LEARNING OBJECTIVES:

- To learn the effects of humour and laughter for positive psychology and emotional intelligence
- To understand individual triggers for stress and anxiety and how to combat them
- To gain knowledge of personality types in relation to individual humour and performance

To develop individual humour and laughter strategies for positive interaction



Performance of Self in everyday. Self-esteem and confidence skills

COURSE CODE: LA03

Confidence is about the way others see us, what signals and signs we give out that let others know that we are calm, confident, and comfortable in any given situation. This course will show you how to act confidently and build self-esteem as a state of mind and body.

Everyone can benefit from understanding life is about 'performance of self', and what tools we need to be the best performer we can be in any given situation. Introducing Laughology techniques such as S.M.I.L.E that can be used for greater performance and achievement in life and business.

LEARNING OBJECTIVES:

- To develop individual tools and methods to draw upon when in need of confidence
- To gain an understanding of where self-esteem comes from and how to unlock your own self-power
- To learn how to break through barriers of self-doubt and belief
- To understand how to apply the techniques in everyday life



Stand & deliver - Outstanding presentation skills & stand-up

COURSE CODE: LA04

An essential course for any individual or organisation where outstanding presentations are the key to success. The course provides an understanding of effective and appropriate humorous storytelling in presentations and how to develop your humour skills for presenting. Looking at how to improve the whole aspect of presenting oneself; body language, image, presence and language to hook an audience and give exceptional presentations.

* For those who would like to take these skills further this course has been developed into a programme that focuses on the skill of stand-up comedy for performance and presentation skills and culminates in a comedy show.

LEARNING OBJECTIVES:

- To enhance confidence and self-esteem for presentations and learn practical tools and techniques
- To gain knowledge of how others perceive our external behaviour
- To understand how language: verbal and non-verbal can be communicated to an audience more effectively
- To learn effective tools to introduce humour and improvisation into performance



Motivational humour - Team skills

COURSE CODE: LA05

Encourages participants to rediscover enthusiasm for their job and develop an appreciation of their role within the organisation. Participants will gain tools that will allow them to invigorate and motivate themselves and their co-workers; understanding how to notice and utilize their own humour skills and develop an understanding of their individual key motivators.

LEARNING OBJECTIVES:

- To understand the importance of fun for motivation in the workplace
- To recognise key motivators for the individual and how to transfer these factors for happiness and joy at work.
- To improve team relations and identify strategies for building effective and flexible relationships
- To build Laughology techniques into the workplace that can be used for team building and to create a happier place to work



You won't die laughing - Learning to relax & cope with stress

COURSE CODE: LA06

Maintaining a relaxed mental and physical state can be a challenge for all of us from time to time. Stress can produce physical, behavioural and psychological problems, all of which can lead to: poor performance, depression, short temperedness, increased absenteeism, potentially higher accident rates, and general inefficiency. This course provides participants with a fresh approach to stress-reduction - teaching effective techniques so that participants may face challenges positively using Laughology's humour skills

LEARNING OBJECTIVES:

- To understand where and why stress is caused in your life
- To gain knowledge of how to break the pattern of re-occurring stressors
- To enhance the ability to change ones 'mental state' and take control of emotions
- To learn how to relax and take control of feelings using practical Laughology techniques



Did you hear the one about...? Negotiation skills

COURSE CODE: LA07

Negotiation is something that we do all the time at home, work and in other social settings. For example, we use it in our social lives perhaps for deciding a time to meet, or working out a way to share something equally.

Negotiating is a way of life in some cultures. And most people negotiate in some way almost every day. Learn how to use Laughology's negotiation strategies to improve individual and organisational success in business and at home.

LEARNING OBJECTIVES:

- To gain an understanding of why negotiation is important
- To understand key elements of common language used in negotiation
- To enhance individual ability to achieve the best possible outcome
- To gain humour and laughter techniques to build rapport to enhance negotiation
- To gain skills to increase your ability to achieve what you want through positive communication



Positive communication

COURSE CODE: LA08

Every situation involving communication with others can be improved by harnessing and creating 'good humour' whether it be with new people that we meet or those we communicate with daily.

Communication is more than how we speak to others, it involves our perception of the world, how we communicate this to others as well as our internal communication. As human beings we have the ability to create 'good humour' in others, instantly putting them at ease and enhancing our own 'likeability'. These techniques can be learnt and applied to any situation.

LEARNING OBJECTIVES:

- To understand how we subconsciously take in information about others and how we as individuals come across
- To enhance key aspects of verbal and non-verbal communication
- To learn key skills to instantly create rapport
- To understand laughter and humour as integral methods for positive communication



Humour, laughter, creativity and innovation

COURSE CODE: LA09

This course looks at Humour as a creative thinking style. Laughter and humour techniques are powerful tools for encouraging innovative ideas and for creating new concepts. With a unique look at the study of neoteny; the mental agility and playfulness of childhood and its relationship to imagination and innovation and why these skills are essential to everyday life and work for problem solving.

LEARNING OBJECTIVES:

- To enhance creative thinking styles through the adoption of Laughology techniques
- To encourage play and laughter for innovation and learning
- To gain sustainable tangible Laughology techniques for problem solving for greater achievement and success



Shift Happens - Welcoming change

COURSE CODE: LA10

Change is inevitable; we deal with change in everyday life, so why when we are told that change is going to happen do we worry? This course allows us to look at how to welcome change in ourselves, others and situations around us. It will introduce strategies that help with change and make the individual, team and organisation passionate and motivated toward change.

LEARNING OBJECTIVES:

- To encourage individuals and organisations to welcome change
- To understand our beliefs around change and how to manage them
- To gain knowledge of appropriate language for encouraging change and gaining a positive perspective
- To learn how to motivate yourself and others to change



Flippin' Humour - Behaviour management

COURSE CODE: LA11

This course is for individuals who are faced with clients who may have a tendency to display aggressive behaviour. It provides delegates with skills for creating good humour and for creating a positive atmosphere. Delegates will also learn how to manage aggression and explore how humour can be a tool at appropriate times for calming a situation and for winning people over. Flippin' Humour is an essential course for anyone that needs to be able to effectively manage behaviour in a positive and controlled manner.

LEARNING OBJECTIVES:

- To understand how to create good humour.
- To recognise triggers that may cause aggressive behaviour
- To understand how to spot behaviour changes before they escalate into aggression
- To learn techniques to calm and gain control of a situation
- To enhance understanding of safety procedures for the user and or carer



The rough with the smooth - Difficult clients and positive interaction

COURSE CODE: LA12

Clients and colleagues behaviour can sometimes be erratic, disruptive, and wearisome. This can lead to stress and exhaustion for the service provider and/or a manager and can affect work, relationships and can result in burnout.

Using Laughology techniques can enhance your psychological toolkit to allow you to deal with clients and situations more positively. We will work with you to build on existing skills to work with your clients without detracting from your own energy resources. This course improves client and carer relationships; work effectiveness and mental well-being.

LEARNING OBJECTIVES:

- To gain an introduction to individual psychological and physiological energy resources
- To learn how to manage other peoples negative emotions without triggering our own
- Understanding stress and know how to prevent and protect yourself
- To gain knowledge on the importance of "state" and how to anchor positive emotional responses for greater mental agility and flexibility
- To identify resources around you that you can tap into for support and positive communication



Service with a smile

COURSE CODE: LA13

Working with the public can sometimes be draining, difficult and challenging. It is important that "front line" staff are equipped with the right tools and methods to communicate with customers effectively. Being able to deal with any challenges, whilst keeping the customer happy is paramount to every organisation. People buy into services and not products;

We will work with you and your staff to ensure your organisation has a team that work together and can deal with the most demanding customers successfully whilst creating an environment that is upbeat, professional and known for its exemplary customer service.

LEARNING OBJECTIVES:

- To clarify how both verbal and non-verbal language and tonality can be used to deal with difficult customers
- To understanding the importance of the individual in the team
- To identify effective techniques to keep the customer happy and returning
- To learn how to employ creative solutions to challenges - being able to think on your feet



Haviní a Laugh

COURSE CODE: LA14

Being able to laugh and have a sense of humour isn't just a social skill; it is a life skill that is essential to a healthy mind and body. Laughter is as an effective form of exercise, without the traditional requirement of expensive equipment or the use of complicated techniques. Laughology's techniques benefit people of all abilities and looks practically at how laughter and humour affects the mind, body and soul and how we can create more laughter in our lives. Workshops can be as practical as you desire but they are always guaranteed to be fun!

Ideal as a refresher as part of a longer training or conference day.

LEARNING OBJECTIVES:

- To provide an introduction and overview to the Laughology model
- To gain an overview of how laughter and humour can be used and developed as a life skill to unlock a fresh approach to challenges.
- To introduce Laughology techniques to minimise stress
- To improve personal health and well-being