

FUNsulting, etc. Times

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Happy New Year! Welcome to another edition of FUNsulting, etc. Times. This issue deals with doing the Right Thing AND doing the Light Thing. Please feel free to copy this information and use it in any way that is helpful. Also visit our website at www.funsulting.com for information about programs, services and products.

- Ron Culberson, MSW, CSP, Director of Everything!, FUNsulting, etc.

Humor In Practice - Doing the Right Thing and doing the Light Thing!

Some employers are concerned that by teaching employees how to have more fun at work, we could be equipping them with the tools they need to be frivolous, waste time and decrease productivity.

Other people consider their workplace as fun-proof. In other words, their particular work is so serious; they would never *entertain* the idea of bringing more humor to their jobs.

Finally there are those who just don't believe that humor has real value at work. Someone once said that the definition of work is "when you would rather be doing anything else"! These folks believe that work must be drudgery or else it's technically not work.

In 2003, FUNsulting, etc. continues to battle these misconceptions by rolling out a new twist on an old concept: DOING THE RIGHT THING AND DOING THE LIGHT THING. Here's how it works. Humor by itself is valuable. Humor coupled with integrity, good work ethics and solid

interpersonal relationships becomes an incredible tool for business and personal success.

In the past 16 months, our society has been bombarded with examples of people who did not do the right thing. Whether it was the terrorists' attacks, the corporate scandals or the most recent Hollywood gossip columns, we are pretty clear on what *not* to do.

To counter this societal mudslide, we must always be willing to focus on what really matters: Solid values, sharp skills and compassion-based relationships.

The **values** or principles we embrace are the foundation of our thoughts, words and actions. Whatever those values are, they determine how we lead our personal and work lives. Do you know what your values are?

Equally important are the innate and learned **skills** we possess. We have God-given gifts and have developed skills over the years. By using both, we can truly accomplish anything we set out to do. What are your skills? **(Continued on back)**

Finally, there are the relationships in our lives. We should approach every person in our life with an attitude of **compassion**. If we keep the needs of others in the forefront of our minds, we will make this world a better place to live and work. Is your heart in your relationships?

So, that's all it means to do the Right Thing. Once we do that, the Light Thing is what adds richness and FUN.

The Light Thing is all about humor. Humor is a tool that can assist us in every aspect of our lives. It creates a new perspective. It builds bridges between people. It gives us the balance to deal with the stresses of the world.

Humor, by nature forces us to see things fresh and with a new attitude. It has also been referred to as a social "lubricant" which can break down tension and bring people together. Finally, a regular dose of humor helps us deal with stress both psychologically and physically.

When we add humor to an integrity-filled existence (i.e. adding the Light Thing to the Right Thing), anything is possible. What a concept!

It is my belief; you cannot deal with the most serious things in this world unless you understand the most amusing.

– Winston Churchill

Humor Resources

For more information, check out these resources:

Man's Search For Meaning, Viktor Frankl.

The Death of Common Sense, Philip K. Howard.

The Artist's Way, Julia Cameron.

Humor In Real Life

A visiting pastor was describing how grateful he was to be in our church this past month. He went on to praise our Senior Pastor, a long-time friend, for the work he had done.

He said, "Pete is a role model. Pete is a natural leader. Pete is a powerful orator. Pete is..... The visiting pastor paused, looked at his notes, then turned to our Senior Pastor and said, "Pete, I can't read the rest of your writing."

It brought the house down. There, in the midst of a serious sermon, was a golden bit of humor. FUN coupled with integrity is rich.

Just Humor

First cow: "What do you think about that Mad Cow Disease?"

Second cow: "What do I care, I'm a helicopter."

Q: What's the difference between humor and a smelly diaper?

A: Humor is a shift of wit!

Humor In The News

A Japanese study found that skin welts shrank in allergy patients who watched Charlie Chaplin's *Modern Times* but not in patients who watched a video on weather.

- Journal of the American Medical Association

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. – John Wooden, UCLA Coach

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Ronald P. Culberson, MSW, CSP, Director of Everything! at FUNsulting, etc., works with organizations that want their people to lighten up as well as to focus on what really matters. He is a Certified Speaking Professional (CSP), the highest earned award from the National Speakers Association, and is one of less than 450 individuals worldwide who have received this designation. He has provided entertaining and informative programs to over 50,000 people in more than 500 associations, government agencies, non-profit organizations and Fortune 500 companies. To find out more about programs, services and products visit his website at www.funsulting.com or call (703) 742-8812.