

LIGHTEN UP! THE SERIOUS BUSINESS OF HUMOR IN COACHING



Bea Bincze
PCC



Karyn Buxman



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We will talk about

1. Introduction and Context
2. Humor Competencies and ICF Coach Competencies
3. Humor Constellation
4. What happens when it goes wrong?
5. Practical application, coaches using humor
6. Wrap up, your personal action plan



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**"LAUGHTER IS TODAY
WHERE MEDITATION WAS
20 YEARS AGO."**

**Anna Hatchard,
Founder of the Laughter Lab**



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Do you want to learn more about humor?



Association for Applied and
Therapeutic Humor

www.aath.org

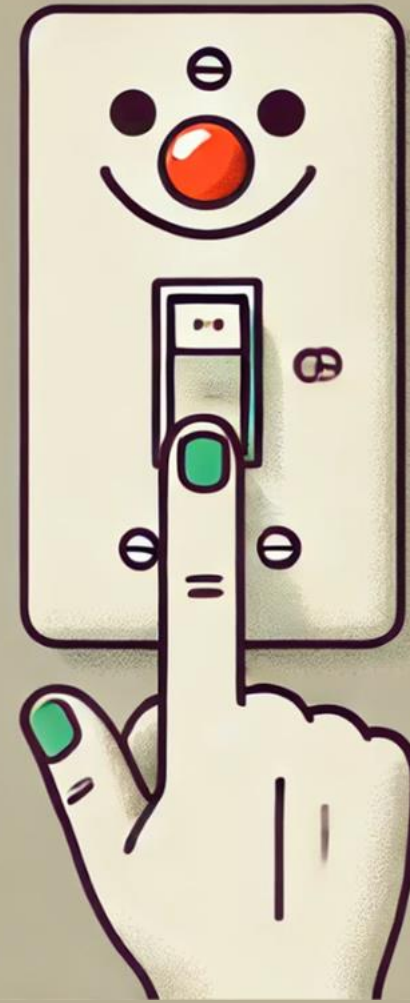
ICF

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How many
times did
you laugh
yesterday?



DO YOU USE **HUMOR**
BY CHANCE OR BY CHOICE?



Goals for today

What would make this a win for you?

Write in the chat!



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The 3 purposes of humor



ENTERTAINMENT

WELLBEING

INFLUENCE

Introduce how humor competencies overlap with ICF Coaching competencies. Breakout 1

HIGH PERFORMANCE HUMOR COMPETENCIES



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[https://www.karynbuxman.com/
high-performance-humor-
competencies](https://www.karynbuxman.com/high-performance-humor-competencies)

ICF COACH COMPETENCIES



How can humor help with the coach competencies?

- You will work in breakout rooms for **10 minutes**
- You can pick **one coach competency + the coaching mindset**, and collect ideas and experiences, how humor can help using this competency
- Choose a spokesperson who will share

The Missing Piece: Humor Applied Strategically in Coaching, A White Paper- Introducing the Field of Strategic Humor Management and Coaching

The Humor and Coaching Study 2021/22

306 Coaches - mixed levels of experience and niches
147 Surveys completed
10 Questions; 4 Quantitative and 6 Qualitative
15 Interviews



"Humor can alter the conversation and open avenues for communication that would otherwise remain closed."

"After several sessions, my coachee started responding to my humor with her own humor. And in turn, she says that her staff is using more humor, as well. She's become their role model."

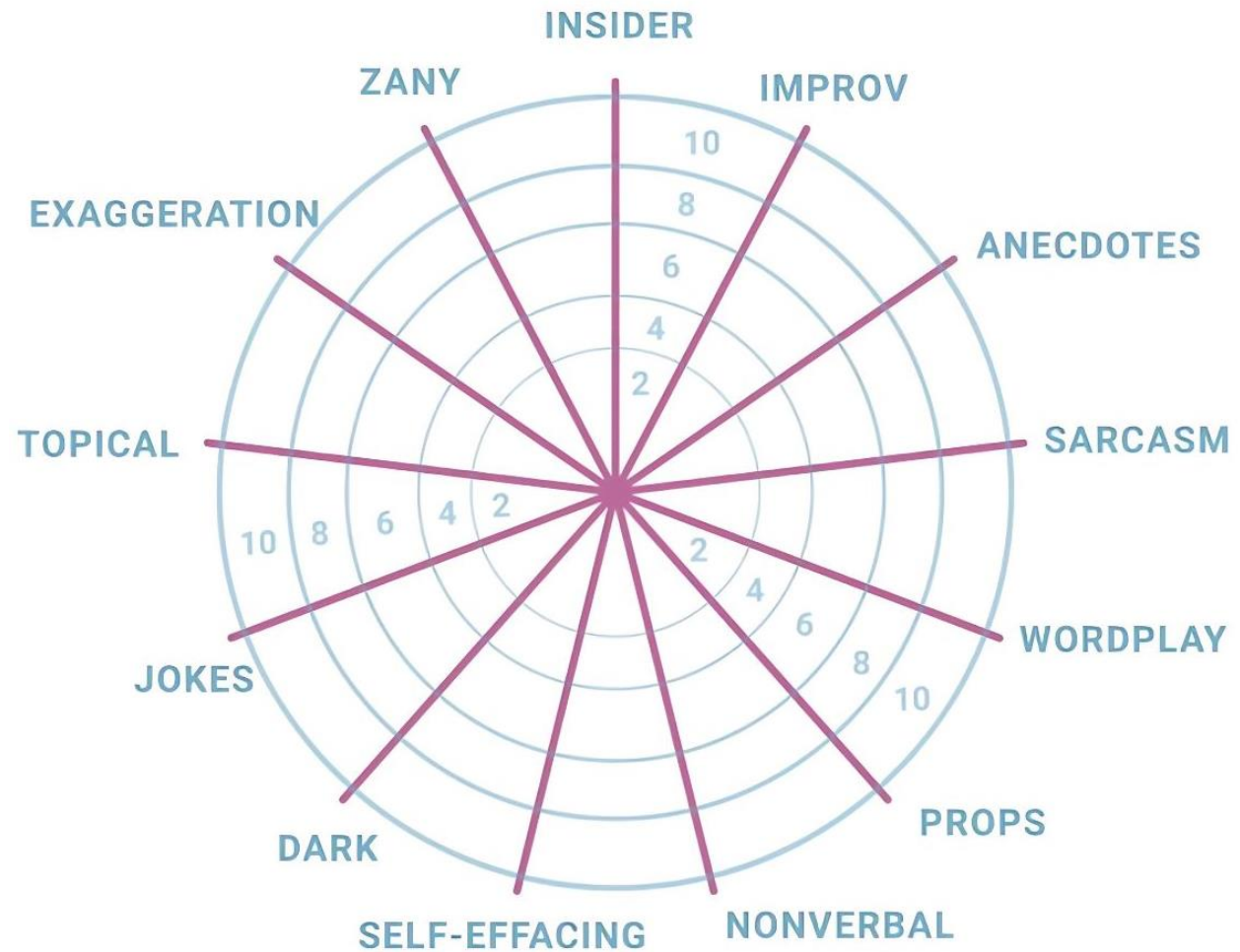
"I use Humor a LOT. One story I tell is about why humans fear speaking so much. It's about biology and the lizard brain, but the way I tell it, it's entertaining and it gives them a sense of relief."



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MY HUMOR CONSTELLATION™

Karyn Buxman • HumorLabLLC.COM



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Humor constellation - exercise

- You will work individually for 5 minutes
- Look at the constellation and rate yourself on a scale of 1 to 10
- What are my top 3 skills
- How can they help me as a coach?

Fun-Framing



What is your red light?



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Source: Todd Hart, <https://www.redlightlaughter.com/training-education>

Fun-Framing

Reframing with Fun

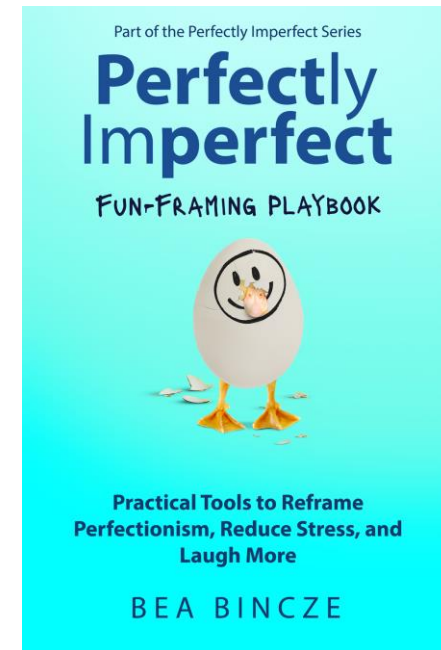
Frame



Feeling

You have 1 minute to write down something that is annoying you, or that you are procrastinating about.

Then you will have 10 minutes in 3-people groups to fun-frame it.



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And you?

What are you already doing?

How will you experiment with humor?

How will you bring more humor into your day-to-day life and work?



What was your key take away?

- Write in the chat!

How can we support you?

Bea Bincze PCC, CHP, DTM

Executive coach, trainer, Humor Ambassador
Business Coach Kft.

bea.bincze@businesscoach.hu

<https://businesscoach.hu/en/humor-ambassadors-online-train-the-trainer-program/>

[Schedule a 15-minute online discovery call](#)



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How can we support you?

Karyn Buxman, RN, MSN, CPAE, CHP

Neurohumorist
Neuroleadership Coach
Health & Wellness Coach
Speaker Hall of Fame



Author of 9 books including *Lead with Levity*, available on Amazon.

Want to schedule a virtual coffee date?
<https://karynbuxman.as.me/VirtualCoffee>

Additional links and prizes of unspeakable value at Linktr.ee/KarynBuxman or scan the QR code.



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How can we support you?

Sue Stevenson, PCC, B.ED, m.npn

Master Neuroplastician

Global Executive Coach

Certified Humor Professional, AATH

White Paper Co-Author "The Missing Piece: Humor applied Strategically in Coaching." with Karyn Buxman

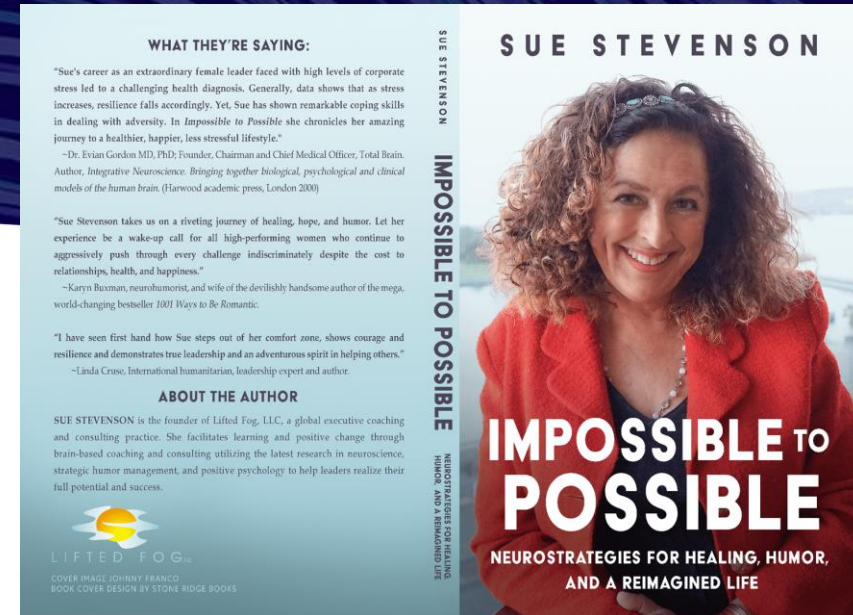
Author "Impossible to Possible" <https://a.co/d/eJbhXb5>

Co-Author "Conversational Intelligence @ Work"

Co-Author "Success is a State of Mind" with Les Brown, Mark Victor Hansen and Deepak Chopra

White Paper "Thrive or Survive – The Impact of Working in Different National Cultures."

www.linkedin.com/in/suestevenson



Thank You!



coachingfederation.org