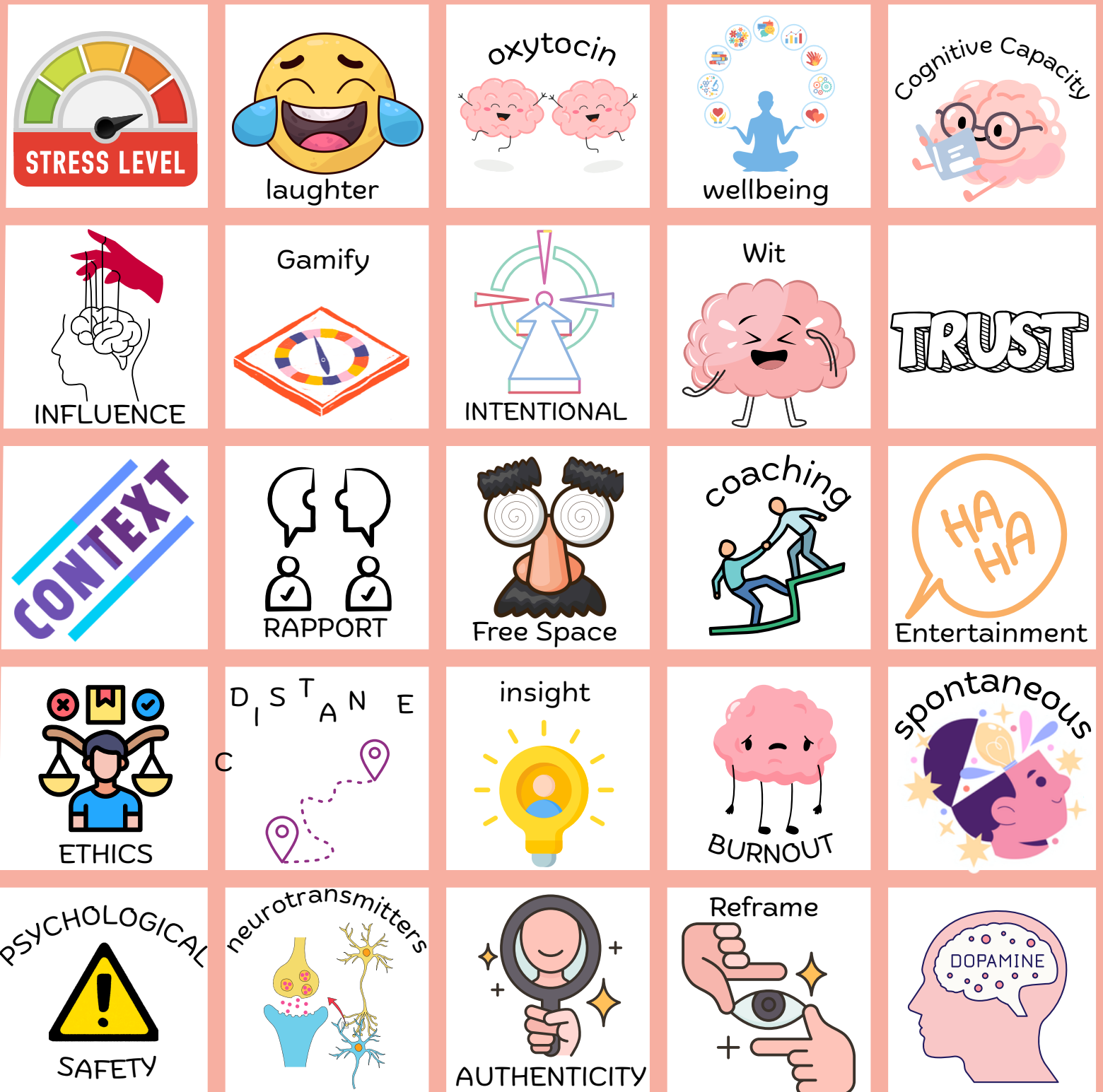


ICF DENMARK BINGO

Karyn Buxman, MSN, Integrative High-Performance Coach, CHP, Neurohumorist

May 13, 2026



Humor helps reinforce learning. As you hear a word over the course of our session, mark the accompanying block. BINGO includes a straight line horizontally, vertically, four corners, and a coverall.



The Serious Science of Humor for Coaches



What we're going to cover:

- 🎤 Intro & Context (set the stage)
- 🧠 Neuroplasticity + Humor (your brain on funny)
- 🧑 Coach Competencies (humor as a power tool, not a party trick)
- 🎮 Practical Application (time to play!)

References

Buxman, Karyn. (2016). *Lead with levity. Strategic humor for leaders.*

Buxman, Karyn and Stevenson, Sue. (2023) *White paper: The missing piece. Humor applied strategically in coaching.*

Gordon, Evian. (2025). *The brain way. Brain, self, habits, AI, and humanity.*

Kennison, Sheila. (2020). *The cognitive neuroscience of humor.*

Resources:

Association for Applied and Therapeutic Humor. <https://www.aath.org>

This non-profit organization serves as the community for professionals who study, practice, and promote healthy humor.

My Coaching Toolkit. A treasure trove of tools designed to enrich your sessions, strengthen your impact, and diversify your professional practice, including card games.
<https://brainbydesign.com/masterclass-for-coaches/>

The Missing Piece: Strategic Humor for Coaches and People Who Listen for a Living. Led by Karyn Buxman, neurohumorist. An 8-week Masterclass for coaches diving deep into humor and connection, conflict, resilience, and much more.
<https://www.karynbuxman.com/humor-and-coaching>



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