

Do it Well. Make it Fun.®

Presented by Ron Culberson, MSW, CSP, CPAE

The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get to the office.

—Robert Frost



Humor is another of the soul's weapons in the fight for self-preservation. Humor can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.

—Viktor Frankl



Oh you hate your job? Why didn't you say so? There's a support group for that. It's called EVERYBODY, and they meet at the bar.

—Drew Carey



Good stories beat good jokes every day of the week and twice on Sunday's.

— Mike Schur

Everything is a Process

Everything in life and work is a process.
Every process involves a series of steps.
Every step has the potential for being improved.
Every step has the potential for being more fun.

Once we make the processes in our life and work better and more fun, success becomes a reality.

It's All in Your Head...Sort Of

Stress is not inherently stressful. Instead, stress is created by our interpretation of the "stressor"— an event or an experience in our lives. If stress were inherently stressful, then the same things would cause stress for everyone, which is not the case. A simple equation for stress looks like this:

$$\text{Stressor} + \text{Interpretation} = \text{Effects of Stress}$$

If you change your interpretation, you change the stress. So you see, stress is in your head...sort of.

One effective way to change your perspective is to see the humor that's right there in front of you.

Say What?

Communication would be much more effective if we first pay attention to two things: Empathy and Clarity. By understanding the other person and then being clear with our communication, we avoid the pitfalls of miscommunication.

Add a touch of humor when anticipating a particularly difficult message and your communication will be even more effective.

All Work and No Play Is, Well, Work

The core work-related benefit of **Do It Well, Make It Fun** is that by combining excellence and fun, we will design a work environment that is both productive and enjoyable.

1. Evaluate your work environment to make sure it is congruent with the mission and vision of your organization.
2. Break down processes and look for areas of improvement.
3. Look for ways to have more fun with the routine, mundane processes in your organization.

Keep The End in Mind

A good result comes from a clear focus on the goal and attention to the process to get there. The best thing we can do to enrich our life is to embrace the concept that it will one day end. By keeping our eye on our goals and managing the processes along the way, we create a path to a rich and fulfilling life. So, imagine how you want to be remembered—and then make it happen.

A Few Well-Fun Tips

1. Examine your interpretation of stress and see if you can change it.
2. Look everywhere for humor as a way to balance the effects of stress.
3. To communicate with clarity, pay attention to:
 - a) What you intend to say.
 - b) What and how you say it.
 - c) What was heard.
4. Be willing to laugh at your mistakes. Self-directed humor is a powerful communication tool.
5. To be excellent in your work, determine what skills you need and continually seek to improve them.
6. Ask yourself every day, "How am I going to have fun in my work today?"
7. Never take your life for granted. Appreciate what you have.
8. Live each day as if it were your last. One day, you'll be right!



Excellence + Fun =
A Valued and
A Valuable Existence

Recommended Reading

Achor, Shawn. (2010) *The Happiness Advantage*. Crown Business.

Burchell, Michael & Robin, Jennifer. (2011) *The Great Workplace*. Jossey Bass.

Colvin, Geoff (2008). *Talent is Overrated*. Portfolio.

Covey, Stephen (1989). *The 7 Habits of Highly Effective People*. Simon & Schuster.

Grenny, McMillan & Switzler (2011). *Crucial Conversations: Tools for Talking When Stakes Are High*. McGraw Hill.

Klein, Allen (1989). *The Healing Power of Humor*. Jeremy P. Tarcher, Inc.

Freiberg, Kevin & Freiberg, Jackie (1996) *Nuts! Southwest Airlines' Crazy Recipe for Business and Personal Success*. Bard Press.

Gladwell, Malcolm (2008). *Outliers: The Story of Success*. Little, Brown, & Co.

Gostick, Adrian & Christopher, Scott (2008). *The Levity Effect: Why it Pays to Lighten Up*. Wiley.

Peck, M. Scott (1978). *The Road Less Traveled*. Simon & Schuster.

Rinpoche, Sogyal. (2012) *The Tibetan Book of Living and Dying*. Harper Collins.

Robertson, Jeanne (1998). *Don't Let The Funny Stuff Get Away*. Rich Publishing Company.

Tolle, Eckhart (1999). *The Power of Now: A Guide to Spiritual Enlightenment*. Namaste Publishing.

Your Speaker

Ron Culberson, MSW, CSP, CPAE is a former hospice social worker, middle manager, and senior manager whose mission is to change the workplace culture so that organizations are more productive and staff are more content. He was the 2012-2013 president of the National Speakers Association and in 2014 was inducted into the CPAE Speaker Hall of Fame®.



Ron's book titles:

- *If Not Now, When? Making the Most of Your Life, Your Relationships, and Your Work* (2017)
- *Do it Well. Make it Fun. The Key to Success in Life, Death and Almost Everything in Between* (2012)
- *My Kneecap Seems Too Loose: 365 Random Thought to Inspire Deeply Shallow Thinking* (2010)
- *Is Your Glass Laugh Full? Some Thoughts on Finding Humor in Life* (2004)

Notes:
