

Paul Huschilt



HUMOUR HABITS

Humour Habits

1. Stress Less for Success
2. Keep it Simple
3. Laugh to Live
4. The Galileo Principle
5. Live to Give
6. Reward Yourself
7. Dare to be You

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**HH1:
Stress Less for Success**

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**PERSPECTIVE
BEFYAWING**

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REFRAMING
PERSPECTIVE

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Stress
HACKS

- Take your breaks
- Move & stretch
- Get outside
- Stay positive
- Have fun with colleagues
- Talk to colleagues
- Listen to music and dance when you can

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Takeaways:
STRESS LESS

Eat well
Sleep lots
Work smart
Exercise some
Laugh a lot
Live a little

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HH2:
KEEP IT SIMPLE

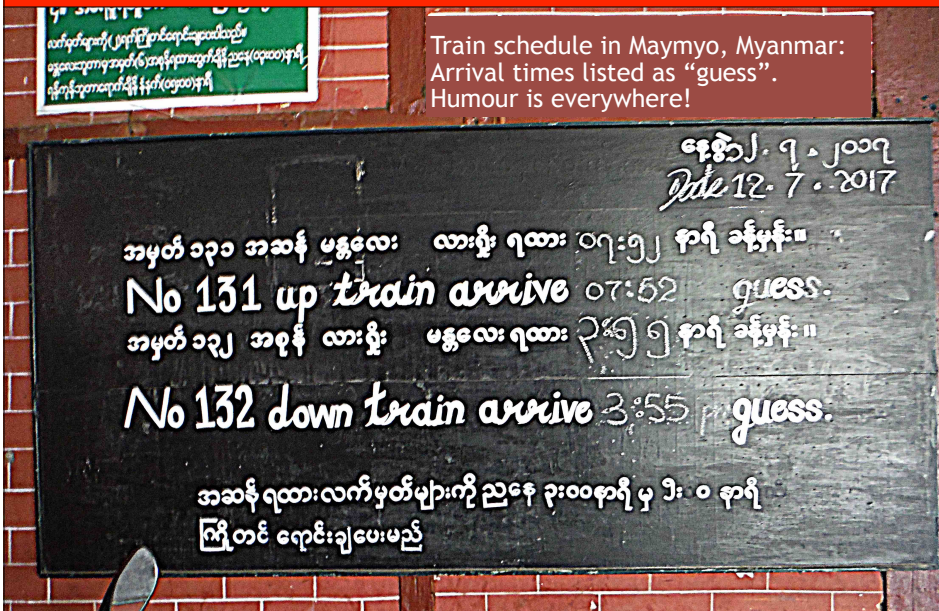
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Questions to **SIMPLIFY**

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- What's most important?
- What do I value most?
- What needs to change?
- What do I need to stop doing?
- What do I need to stop worrying about?

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HH3:

LAUGH
TO
LIVE

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HUMOUR = TRAGEDY + TIME

- Carol Burnett

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Humour at Work:

- Kind
- Gentle
- Respectful
- Inoffensive
- Inclusive

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HH4: THE GALILEO PRINCIPLE

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The Van of Change



WHAT THEY DO

FRONT SEAT DRIVERS

Take you there

BACK SEAT DRIVERS

Tell you where to go

RIDERS

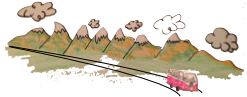
Go along for the ride

HIDERS

Don't know they're moving

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The Van of Change



WHAT THEY DO

FRONT SEAT DRIVERS

Lead

BACK SEAT DRIVERS

Offer Ideas

RIDERS

Want to know what's happening

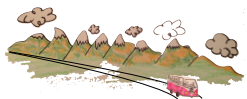
HIDERS

Focus on the day to day

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WHAT THEY DO

FRONT SEAT DRIVERS

“Did you think of everything?”

BACK SEAT DRIVERS

“What do you think?”

RIDERS

“Here's what's happening...”

HIDERS

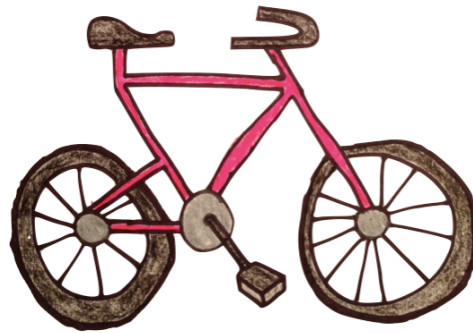
“What mustn't we forget?”

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“Life is like a bicycle. To keep balanced you have to keep moving.”

~ Albert Einstein



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*“If the rate of change
outside your business
is greater than
the rate of change
inside your business
you are out of business.”*

~ Paul Huschilt

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*“Ask not what change will do to you.
Ask what you will do to change.”*

~ Paul Huschilt

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Takeaways:
CHANGE

Understand the change

Communicate

Involve

Get buy-in

Look for opportunities

Listen

Help each other

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HH5:
LIVE TO GIVE

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Takeaways:

GIVE

Listen

Say hi, Say thank you

Smile

Compliment

Share workload when you can

Encourage each other

Celebrate Everything

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HH6: REWARD YOURSELF

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Give yourself SOME RULES

You **MUST** get your sleep

You **MUST** eat fruit every day

You **MUST** *be* your best to *do* your best

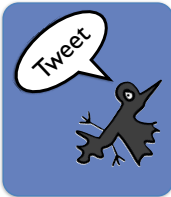
You **MUST** laugh at least 14x every day

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HH7: DARE TO BE YOU

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THANK
YOU

Talks

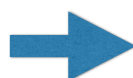


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