THE SCIENCE OF HUMOUR™

Better Life. Better Work. Better Relationships.



Discover how humour becomes a
practical human capability
for improving wellbeing, communication,
relationships and workplace performance.

- Understand the science behind humour
- Communicate better and build stronger connections
- Reduce stress and strengthen resilience
- Create positive teams and workplaces
- Live, work and lead better

A ONE-DAY INTERACTIVE WORKSHOP

Learn. Laugh. Apply. Transform.

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WHY THIS PROGRAM?

PROGRAM OVERVIEW

This one-day interactive workshop explores the science and psychology of humour and how it can be applied to enhance communication, relationships, resilience and overall performance at work and in life.

WHY HUMOUR MATTERS

Humour reduces stress, improves mood, strengthens connections and helps us think more creatively and adaptively—skills essential in today's fast-paced world.

TODAY'S WORKPLACE REALITY

High pressure, constant change and digital overload often lead to stress, disconnection and burnout. We need simple, human solutions that create positive change.

THE BUSINESS VALUE

- Improved wellbeing and engagement
- Stronger teamwork and trust
- Better communication and collaboration
- Greater resilience and adaptability
- Enhanced creativity and problem-solving
- Positive workplace culture and reputation

CURRENT REALITY

- Stress. Disconnection.
- Overwhelm. Fatigue.
- Low morale.

ORGANISATIONAL NEED

- Stronger connections.
- Better mindset.
- Sustainable performance.

Humour is not a luxury at work.
It's a leadership skill, a wellbeing strategy and a performance multiplier.

THE HUMAN HUMOUR DYNAMICS™ MODEL

A simple, practical model that shows how humour moves us from awareness to flourishing.

"Humour is the ability to see life differently and help others live better.



NOTICE™
Better Awareness

We see more clearly.
We become aware of ourselves, our patterns and the moments others miss.



REFRAME™
Better Thinking

We choose a different perspective and turn challenges into opportunities.



CONNECT™
Better Relationships

We build trust, strengthen bonds and create psychological safety through humour.



UPLIFT™
Better Influence

We inspire, encourage and bring positive energy that uplifts others.



FLOURISH™
Better Living

We create a positive ripple effect that improves life and work for everyone.



SCIENCE. HUMANITY. PRACTICALITY.

Rooted in psychology and neuroscience.
Designed for real people. Built for real results.

A PRACTICAL MODEL. REAL RESULTS.

ONE-DAY LEARNING JOURNEY

9:00 – 10:30
Why Humans Laugh
The science and psychology behind humour.

10:45 – 12:00
Notice™
See what others miss.
Awareness creates connection.

12:00 – 1:00 **Lunch Break**

1:00 – 2:00
Reframe™
Change the story.
Shift perspective.

2:00 – 3:00
Connect™
Build trust and belonging.
Stronger relationships.

3:15 – 4:15
Uplift™ → Flourish™
Inspire, influence and create lasting positive impact.

4:15 – 5:00
Personal Action Plan
From insights to action.
Sustaining the change.

Discover.
Understand.
Connect.
Laugh.
Apply.
Transform.



A practical journey from awareness to action and long-term impact.

LEARN. PRACTISE. APPLY.
Practical tools and insights you can use immediately to create positive change in life and work.

WHAT YOU WILL EXPERIENCE

Engaging Science
Simple, exciting demonstrations and insights into the power of laughter.

Interactive Learning
Hands-on activities, discussions and real-life workplace examples.

Practical Tools
Easy-to-use techniques you can apply in everyday work and life.

Humour in Action
Practice in a safe, respectful and fun environment.

Reflection & Insight
Personal reflection to deepen awareness and growth.

Action Planning
Create your personal humour habits and action steps.

We learn.
We laugh.
We practice.
We grow.
We make a difference.





YOU WILL LEAVE WITH...

- ✓ Practical tools to manage stress and lift mood
- ✓ Stronger communication and relationships
- ✓ More resilience and adaptability
- ✓ A positive mindset and more energy
- ✓ Skills to create a better workplace culture
- ✓ A personal humour action plan to continue your journey

Humour is not about telling better jokes.
It's about helping people live, work and lead better.

BETTER LIFE. BETTER WORK. BETTER RELATIONSHIPS.
Let's create more joy together.

OUTCOMES & IMPACT

This workshop empowers people to bring more joy, connection and positive impact to life and work.

YOU WILL LEAVE WITH...

- Better stress management and wellbeing
- Better communication and conversations
- Stronger relationships and teamwork
- More resilience and adaptability
- Enhanced creativity and problem-solving
- More positive mindset and energy
- A personal humour action plan that you can use immediately

APPLICABLE ACROSS ALL AREAS

- Leadership
- Customer Service
- Engineering & Operations
- Sales & Marketing
- Healthcare
- Education
- Government
- Hospitality

and more



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YOUR FACILITATOR

VERNON C FERNANDEZ

Knowledge Harvester • Radical Thinker • Behavioural Change Expert

Vernon C Fernandez is a training specialist with over **16 years** of full-time corporate training experience and **30 years** of rich industry experience.

Today, he is passionate about helping people and organisations bring out the best in themselves. He designs and delivers interactive programs that combine the science of humour with psychology and practical tools to improve well-being, communication, relationships, resilience and performance.

Vernon believes humour is more than laughter—it is a **human** capability that reduces stress, builds connection and creates a positive **ripple** effect at work and in life.

> *"He lives by the motto, "Be the Miracle."*

VERNON'S FACILITATION STYLE

3E Experiential • Engaging • Enterprising

EXPERIENTIAL

Bringing real-life situations into the room for participants to observe, reflect and comprehend.

ENGAGING

Making learning enjoyable through candid stories, vivid examples and meaningful conversations.

ENTERPRISING

Helping participants see and apply the vital connections between life and work to create better outcomes.

WHAT SETS VERNON APART

- ✓ Blends humour, psychology and practical tools for real impact
- ✓ Creates safe, fun and engaging learning environments
- ✓ Encourages reflection, insight and behavioural change
- ✓ Trusted by organisations across industries
- ✓ Leaves participants inspired, energized and ready to act

APPROACH

Vernon's programs are highly interactive, practical and relevant. He believes that learning is most powerful when it is:

HEART-LED	Connecting with people on a human level.
MINDFUL	Encouraging awareness and choice.
ACTION-ORIENTED	Turning insights into positive action.

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