

HUMOR:

The Missing Skill for Success and Happiness at Work



@drewtarvin



AGENDA

- 12:00 Presentation Start.**
- 12:02 Tech Issues.**
- 12:04 Tech Issues Resolved.**
- 12:07 Agenda Slide.**
- 12:12 Stats About Work.**
- 12:13 Reference to Disney.**
- 12:19 3 Fundamental Truths.**
- 12:21 Embarrassing Picture from High School.**
- 12:32 Reticular Activating System.**
- 12:38 A Rare Insult.**
- 12:42 How Happiness Works.**
- 12:48 Q&A**
- 12:55 An Action You Can Take Right Now.**
- 13:00 Presentation End.**
- 16:57 Share Recap with Significant Other / Roommate / Cat.**
- 21:14 Decide You'll Try Humor Tomorrow.**
- ??:?? Go to Sleep.**
- 07:00 Wake Up. Use Humor. Conquer ~~the World~~ your Projects.**



UPGRADE UNDER WAY



















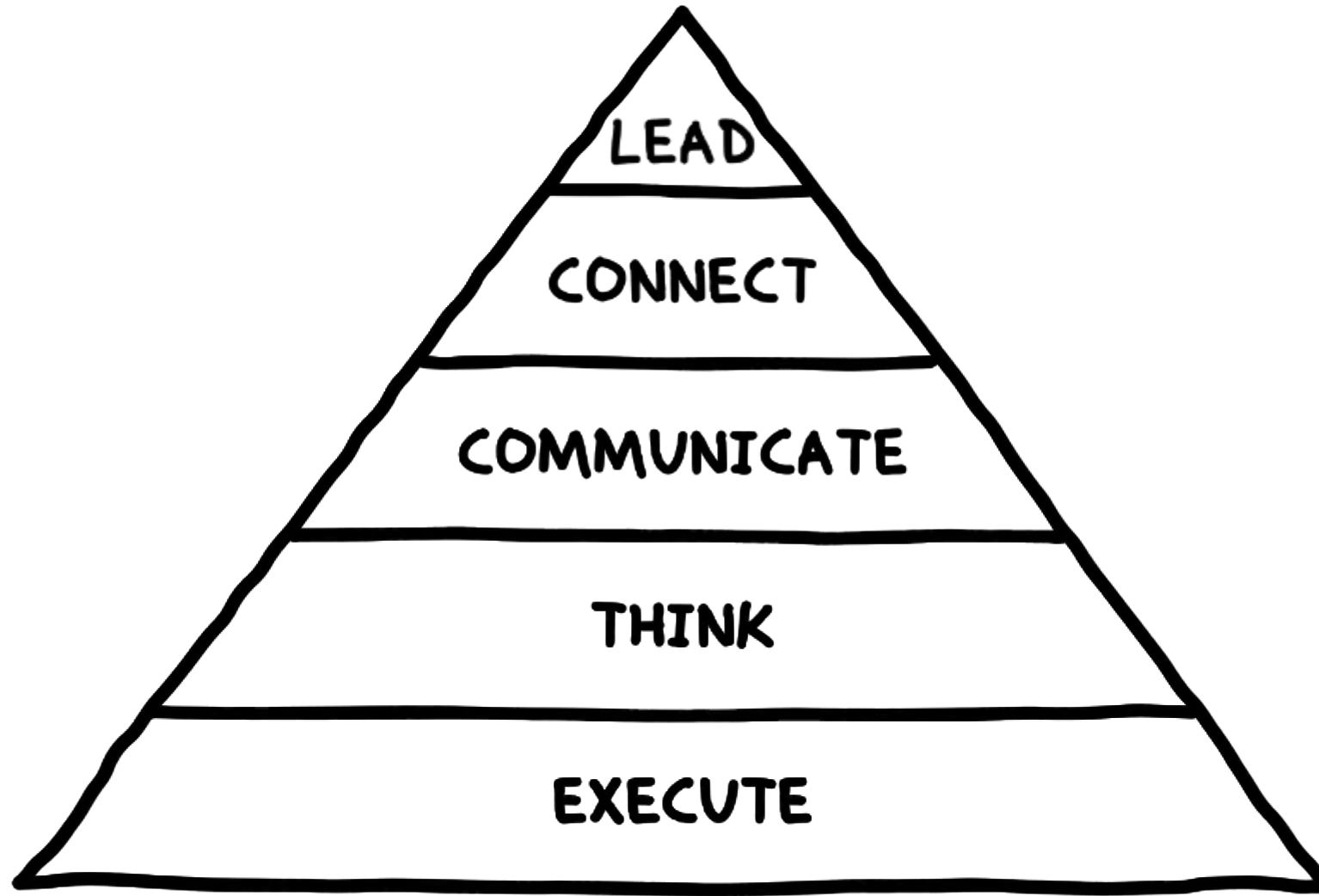


WHAT



HOW

THE WORK PYRAMID





83% of Employees feel
stressed out at work.

© Nanny Snowflake



WORK
SUCKS

55% of Employees are
unsatisfied with their jobs.

47% of Employees struggle
to stay happy.



© Ryan Hyde

And statistically only **14.3%** of
Dwarfs are Happy.

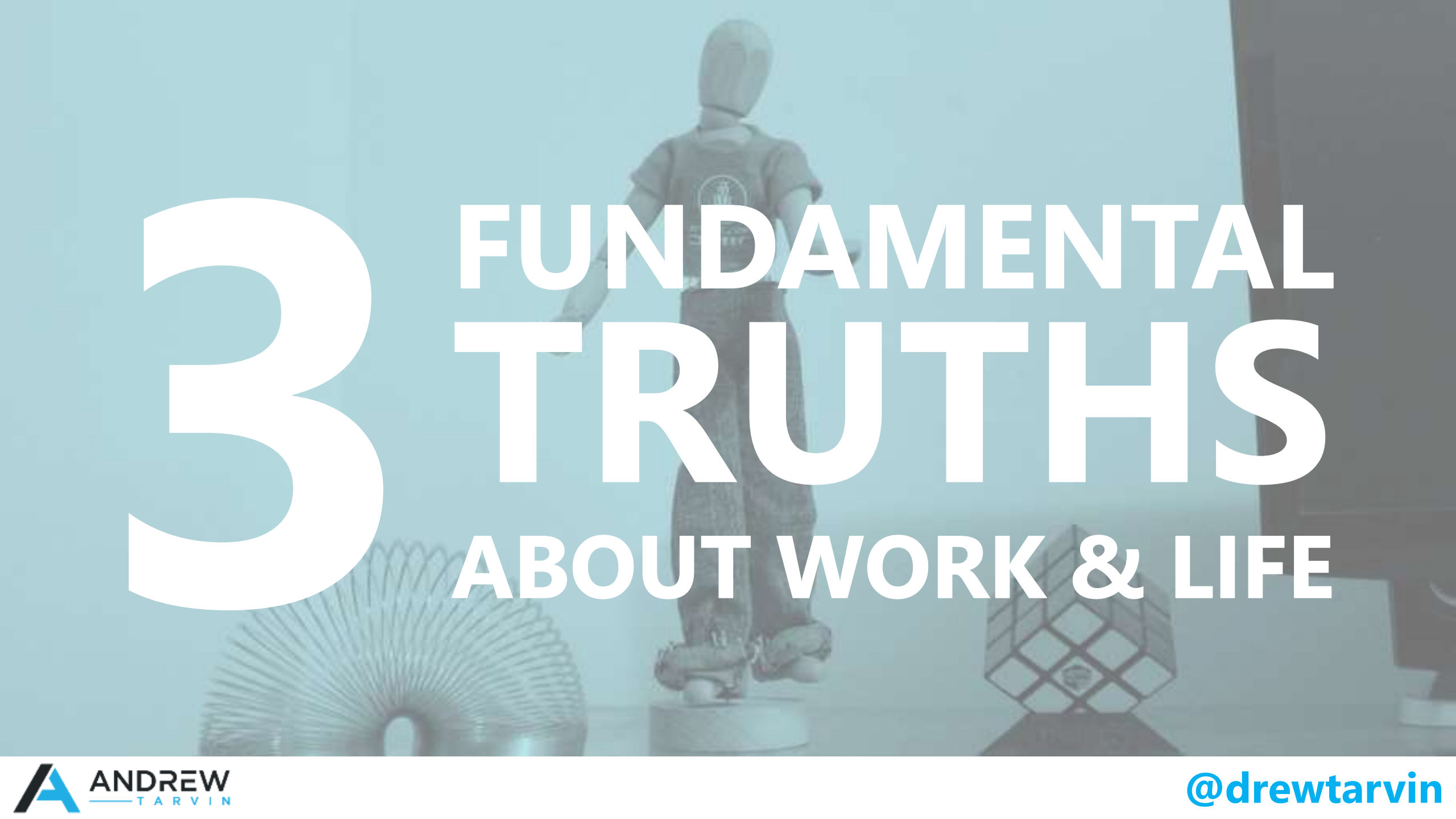




\$500 billion in lost productivity

CC Tax Credits

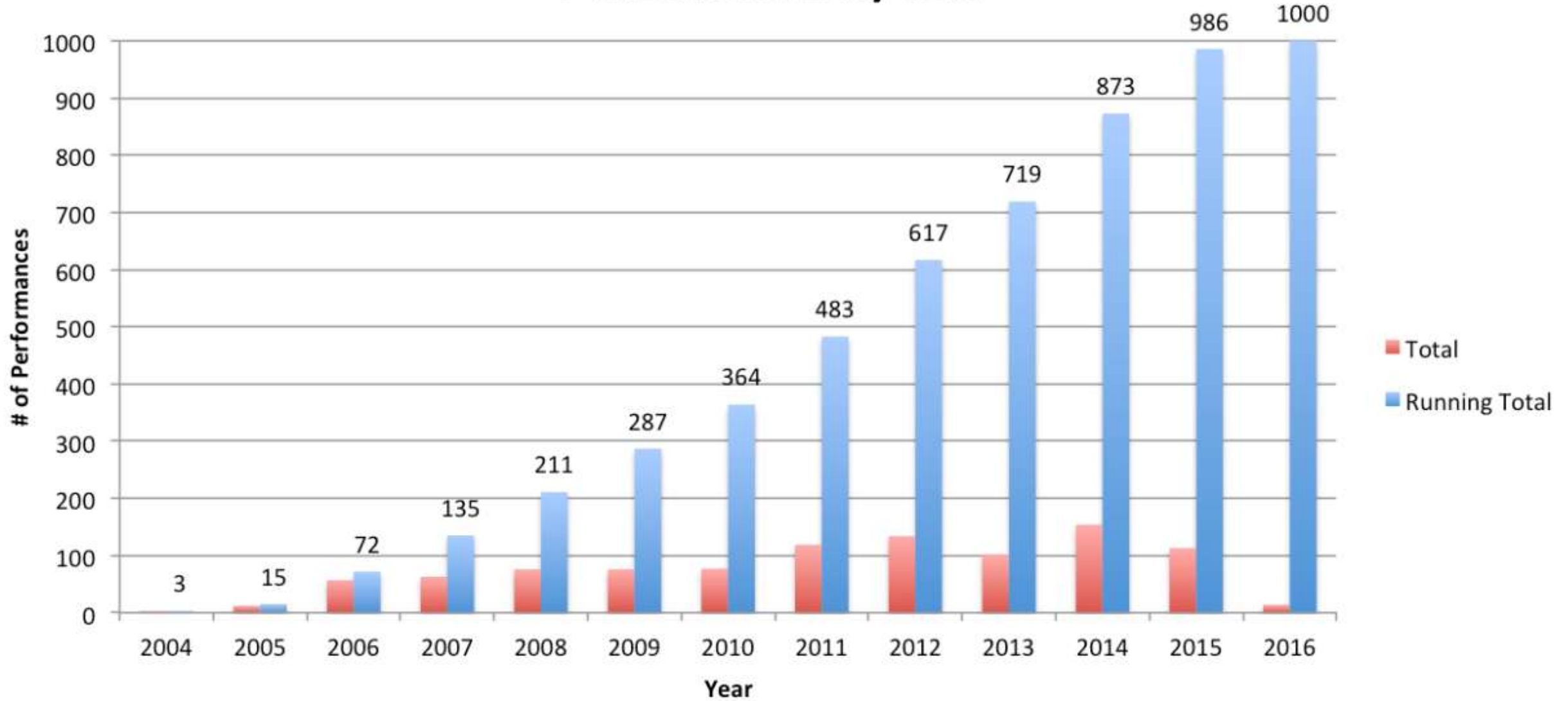


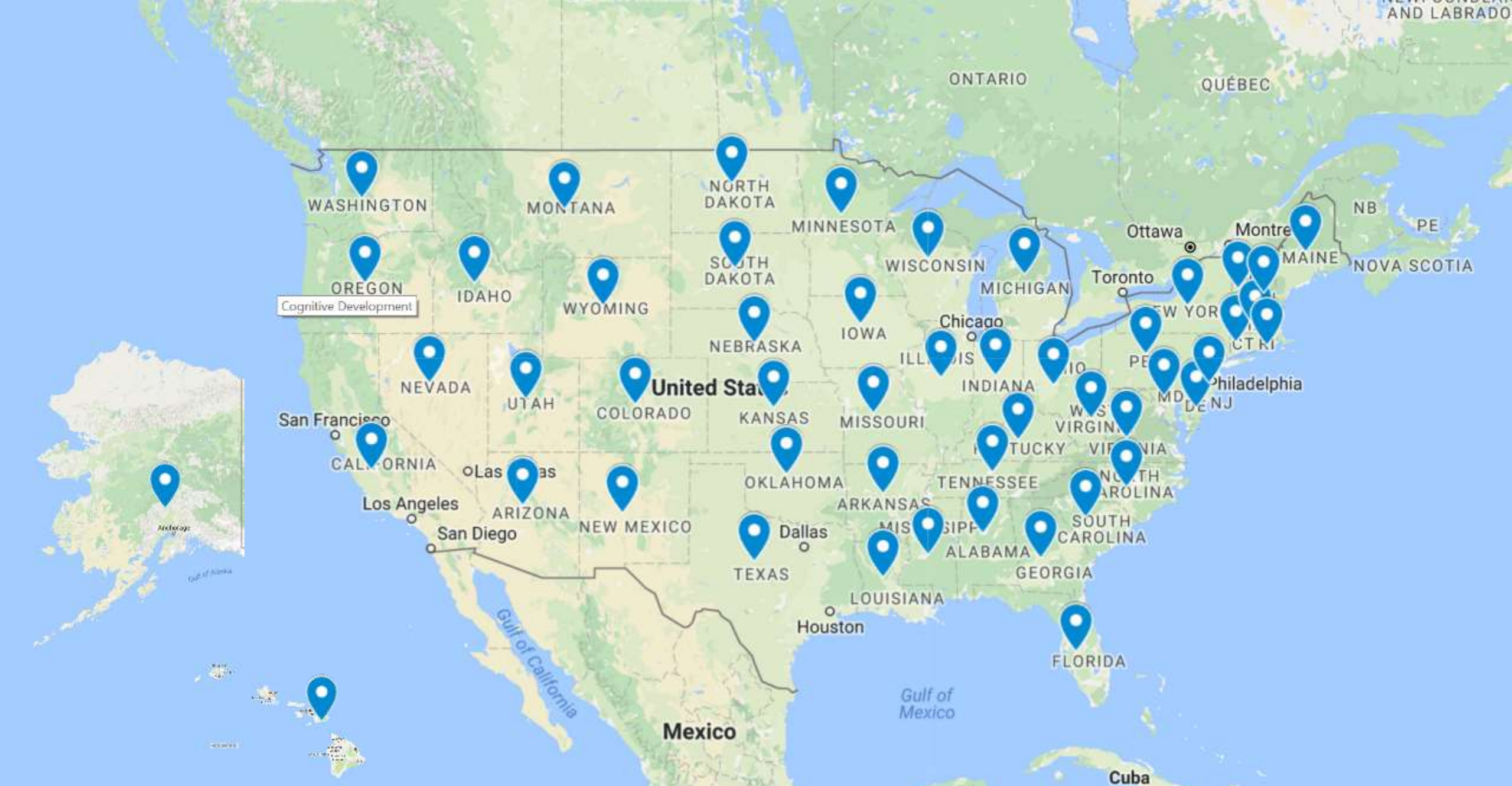
The background of the slide features a light blue-tinted photograph. In the center is a crash test dummy standing on a small white pedestal. To the left of the dummy is a Slinky toy, and to the right is a Rubik's cube. The text is overlaid on this image.

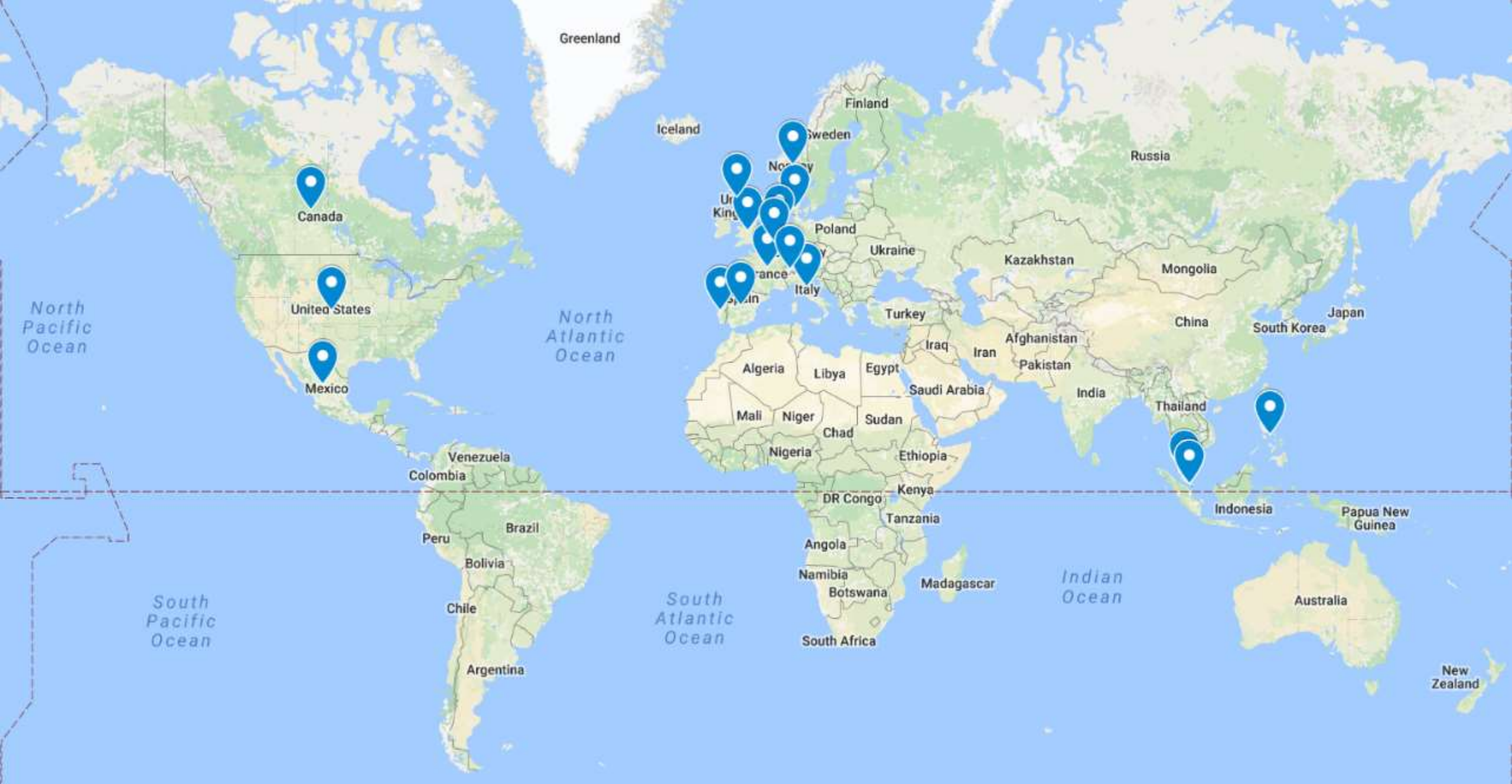
3 FUNDAMENTAL TRUTHS ABOUT WORK & LIFE

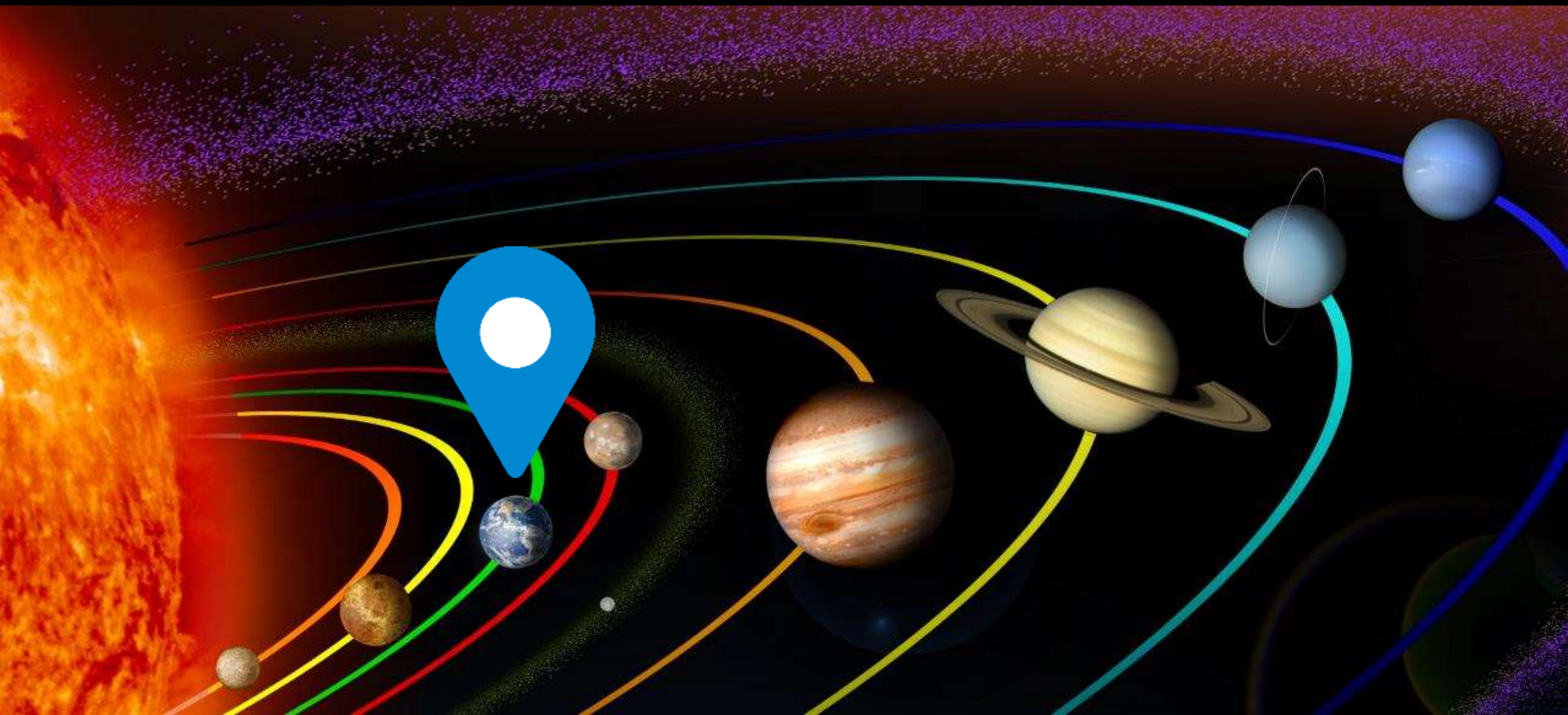
**YOU ARE WHAT
YOU REPEATEDLY
DO.**

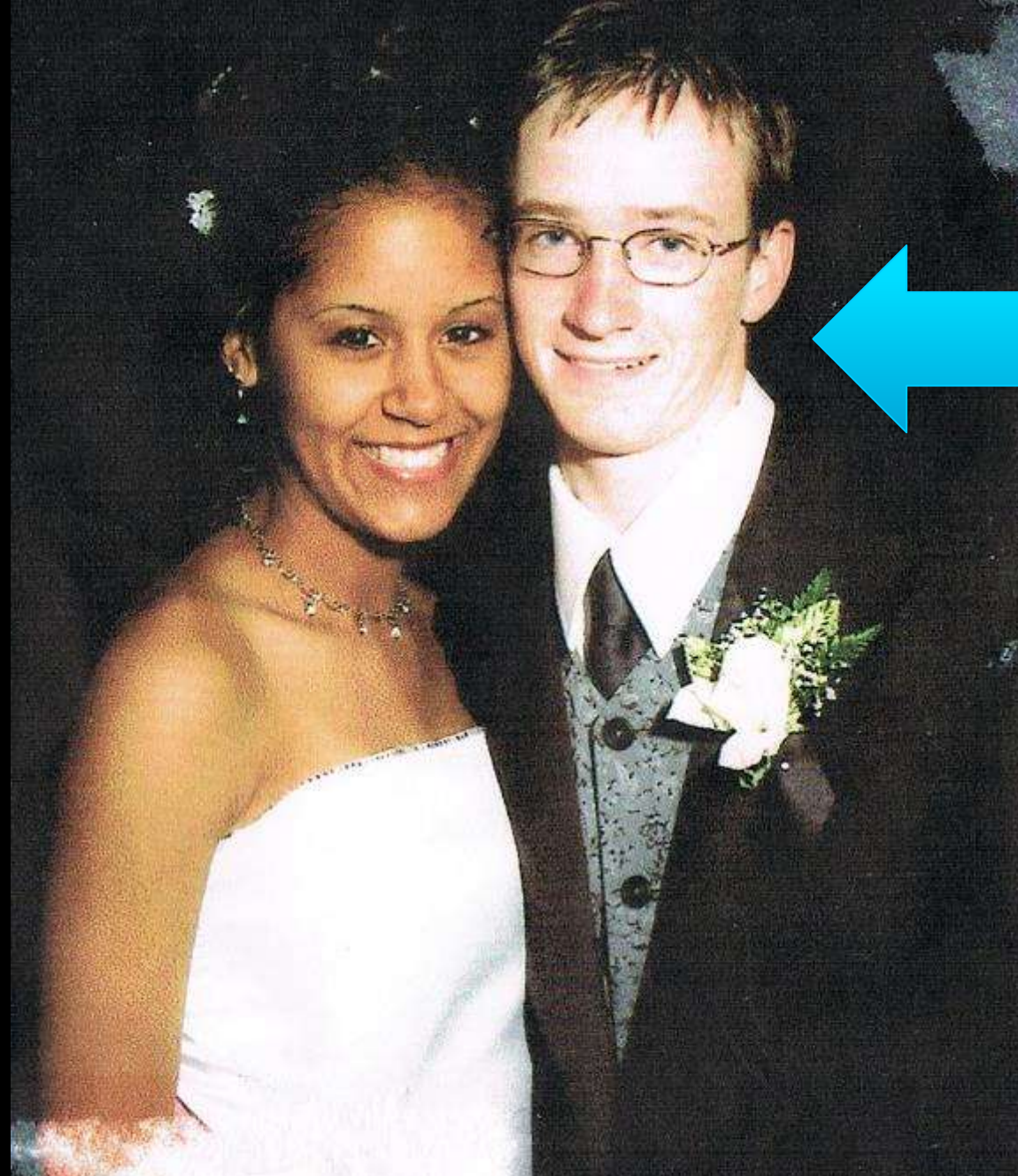
Performances by Year











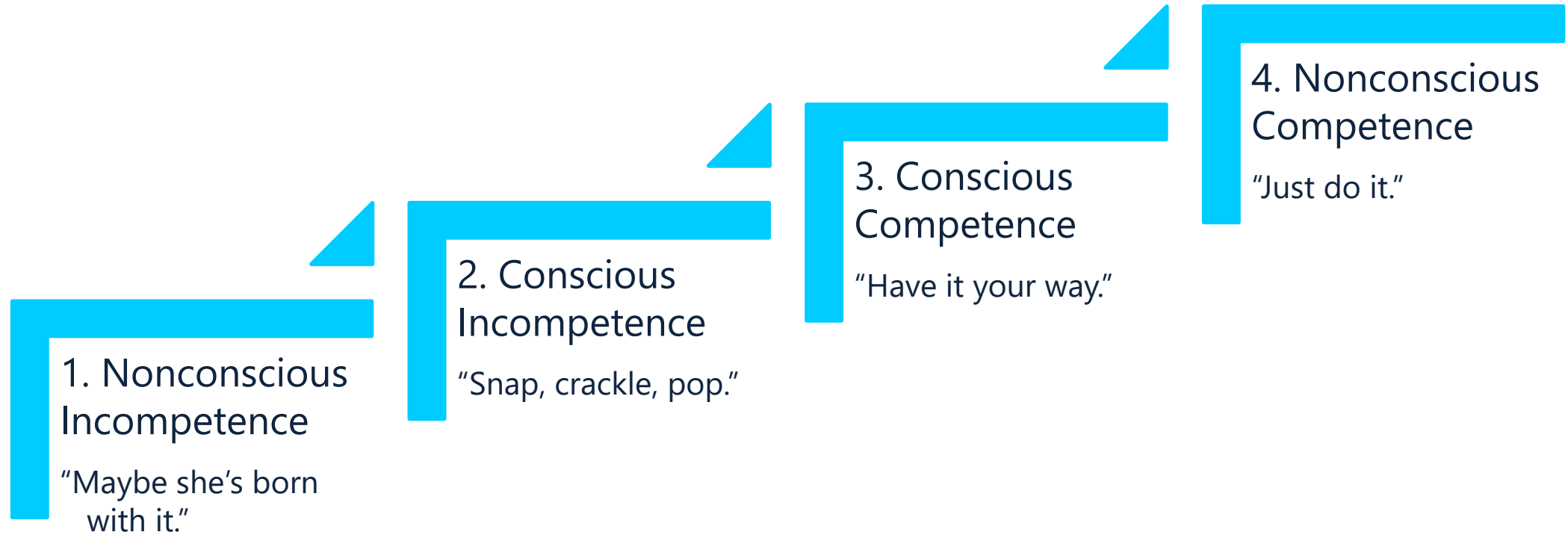
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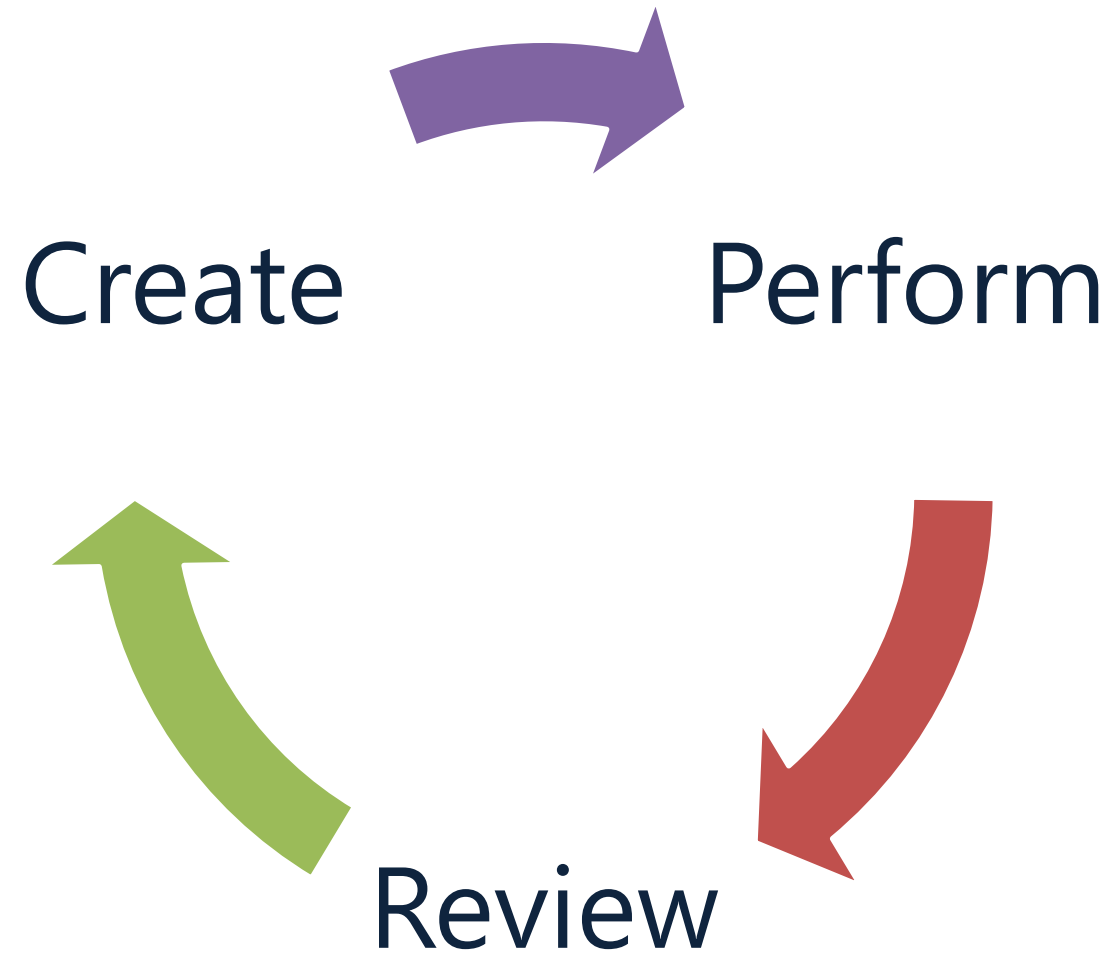


INTJ



CONSCIOUS COMPETENCE LEARNING MODEL









www.humorthatworks.com/calendar



 @GettyMuseum

 ANDREW
TARVIN



@drewtarvin



 @GettyMuseum



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3 FUNDAMENTAL TRUTHS OF WORK & LIFE

1. You are what you repeatedly **do**.

**YOU ARE THE
AUTHOR OF YOUR
OWN STORY.**

RE: Upcoming Comedy Shows - Personal

Message

?

Delete

Reply

Reply All

Forward

Attachment

Meeting

Move

Junk

Rules

Read/Unread

Categorize

Follow Up

RE: Upcoming Comedy Shows



Williams, Marni

To: Tarvin, Andrew

Thursday, May 31, 2007 at 7:29 PM

Andrew –

Are you a comedian? I am looking for someone to lead a training for a women's group in pharmaceuticals on how to use comedy/humor in the workplace. If you are interested in talking with me about it, give me a call.

Marni

Marni Williams, Pharm.D.

From: Tarvin, Andrew
Sent: Thursday, May 31, 2007 9:40 AM
To: C700%ion@pg.com
Subject: Upcoming Comedy Shows

Hey Everyone,

I just wanted to start out by saying that you have all been amazing supporters so far. Thanks to some hard work and your support, I have some great opportunities coming up for both stand-up and improv. Rather than blast you with a bunch of separate emails, I thought I'd compile them all in to one list.

The 5F Model of Unleadership

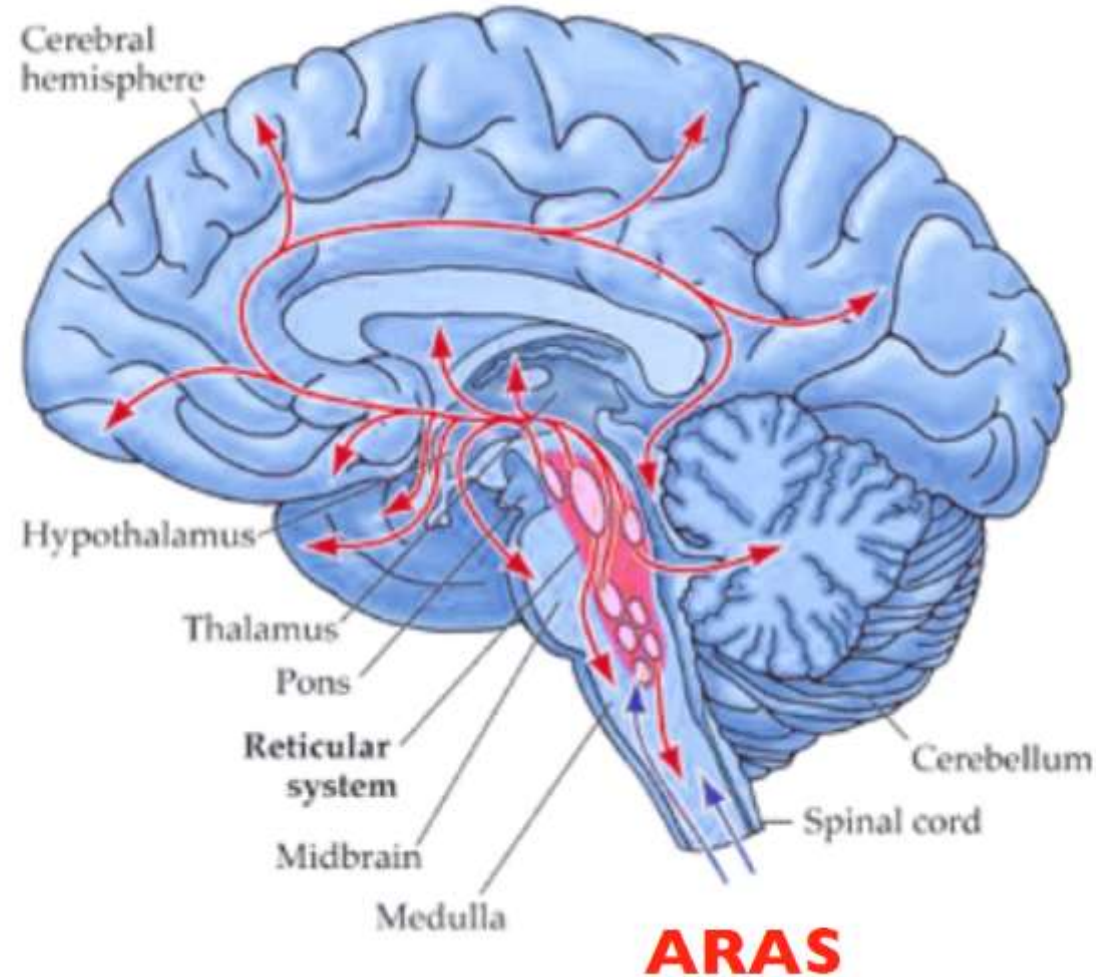
by Andrew Tarvin – <http://blogs.pg.com/corporatehumorist>



**"I'm a Pringles Man, with my Pringles Can.
So won't you do me a favor.
I have to know, so please do show,
Yo, what's yo flavor?"**

Anatomy of Consciousness

Cerebral Cortex



FedEx



Tostitos







 @SomeGoodNews

The Social Distancing Festival



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[THEATRE/MUSICAL THEATRE/OPERA](#)



Welcome to The Social Distancing Festival.

This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever.

www.socialdistancingfestival.com



The background of the image shows four notebooks stacked on a light-colored wooden surface. The notebooks have two colors: light blue and light orange. The text on the covers is in a bold, sans-serif font. The visible text on the covers includes 'YOU ARE RESPONSIBLE FOR YOUR OWN HAPPINESS' and 'HUMOR ACTIVE SYSTEM'.

HUMOR NOTEBOOK

3 FUNDAMENTAL TRUTHS OF WORK & LIFE

1. You are what you repeatedly **do**.
2. You are the author of your own **story**.

**YOU ARE
RESPONSIBLE
FOR YOUR OWN
HAPPINESS.**

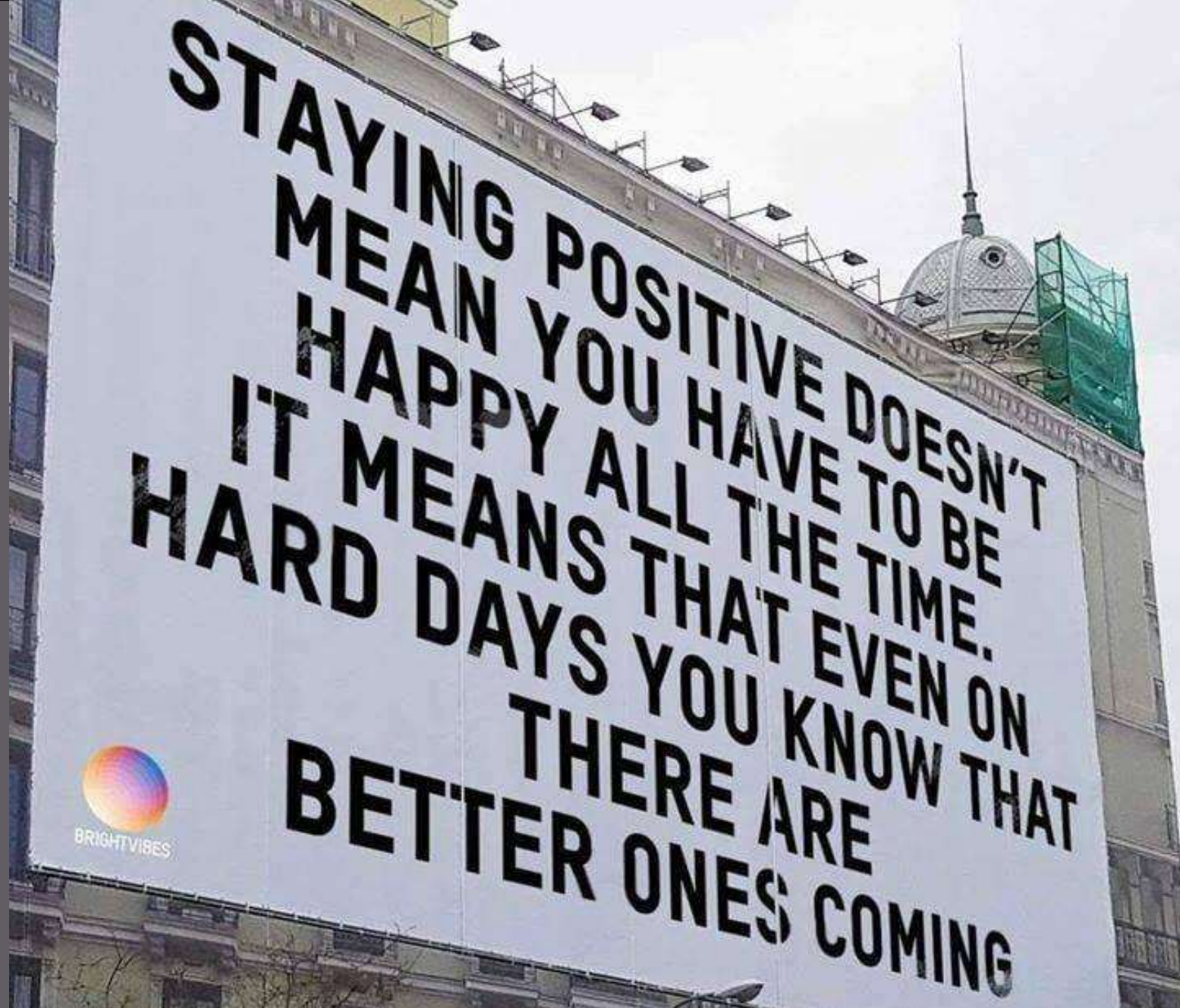


**To be happy, you don't have
to do what you love, but
rather love what you do.**

SUCCESS

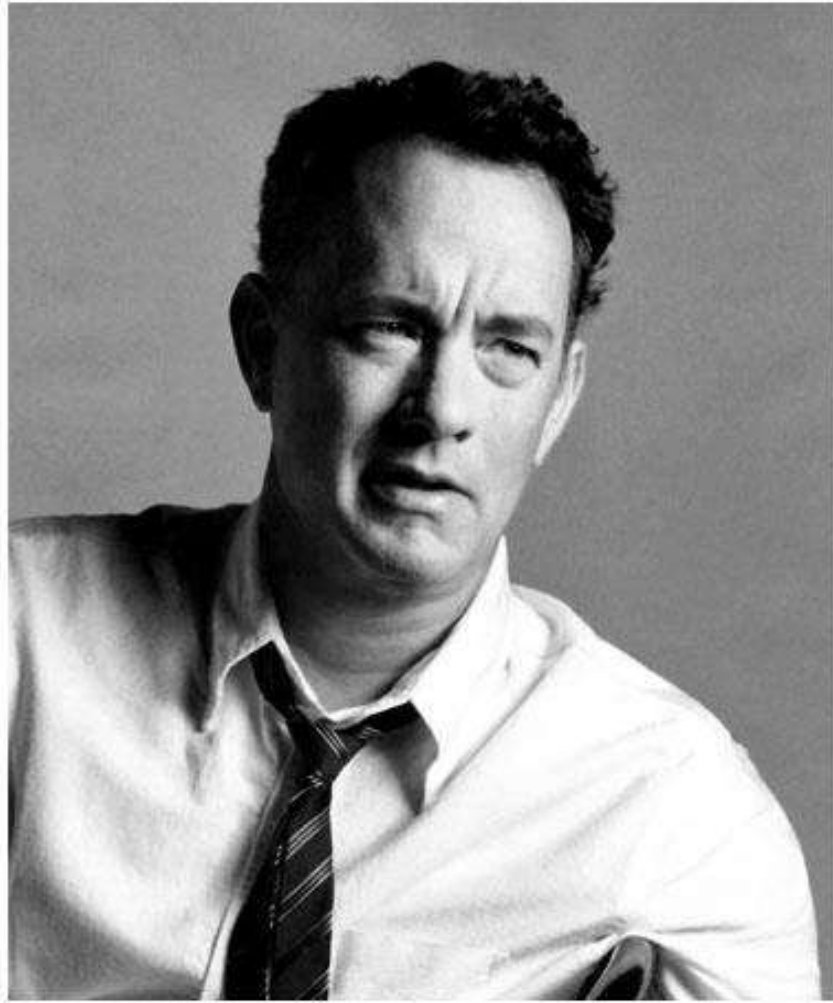
HAPPINESS



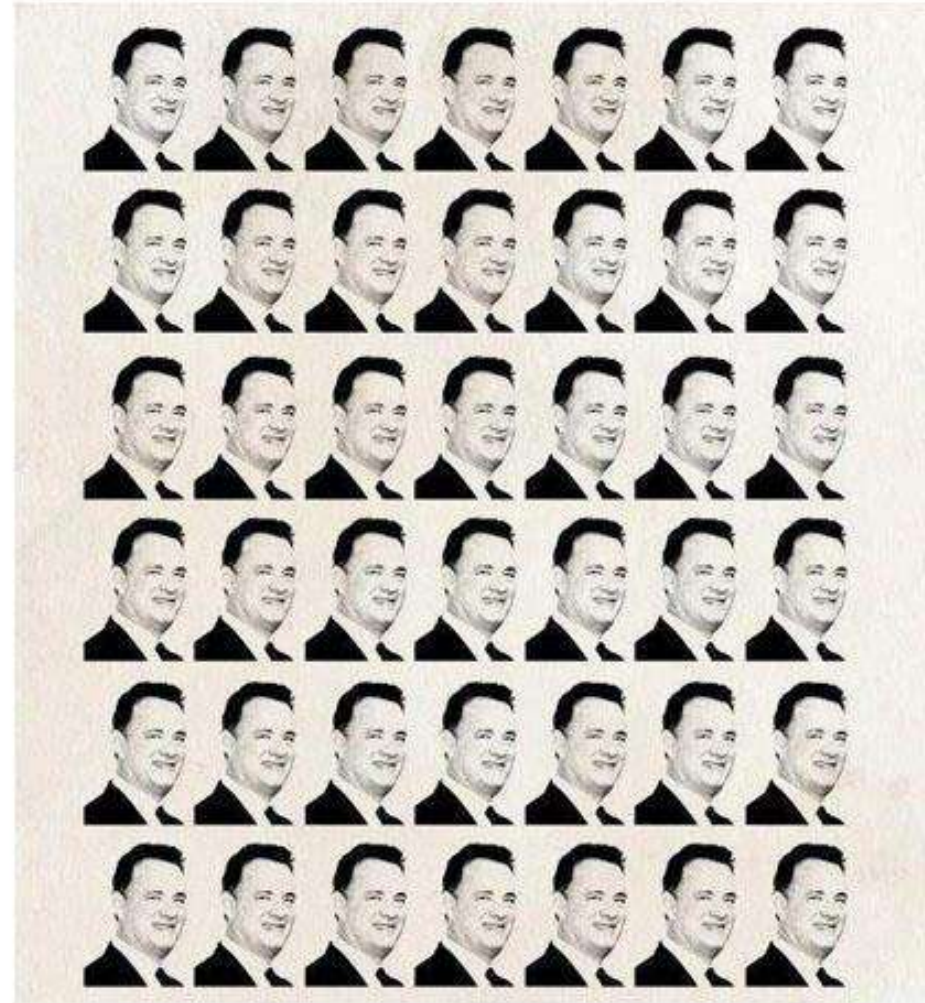


Source: reddit.com

1. Gratitude



T.HANKS



T.hanks a lot

**What's not wrong
with your life?**

2. Support











Bride

Groom

First Zoom wedding ever guys,
thank you for being our first.

3. Humor



© Ryan Ritchie



© Patrik Theander



© drewtarvin



Source: reddit.com



Source: reddit.com





Coronavirus jokes spread on social ...
miamiherald.com



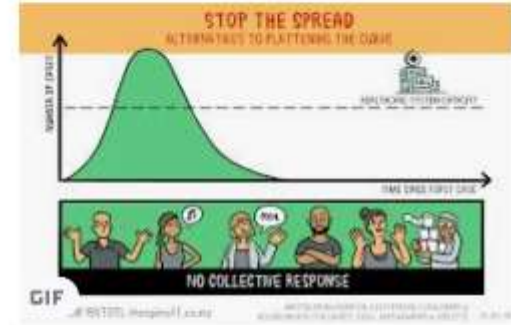
Coronavirus: TikTok teens makin' ...
businessinsider.com



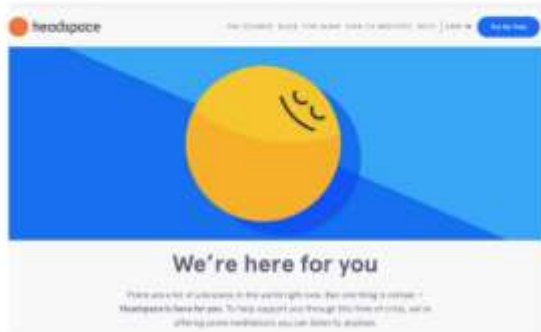
11 simple ways to care for each other ...
greenpeace.org



Graphic designers get creative to show ...
dezeen.com



11 simple ways to care for each other ...
greenpeace.org



Marketing During COVID-19: 4 Essential ...
wordstream.com



Coronavirus Strikes A Humorous Chord ...
wbur.org



Coronavirus jokes spread on social ...
miamiherald.com



4 fascinating examples of ...
americanhistory.si.edu



Cureus | Coronavirus Goes Viral ...
cureus.com



RECAP

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3 FUNDAMENTAL TRUTHS OF WORK & LIFE

1. You are what you repeatedly **do**.
2. You are the author of your own **story**.
3. You are responsible for your own **happiness**.

ACTION ITEMS

The background of the slide is a light blue-tinted photograph of a desk. In the center, a crash test dummy stands on a small white pedestal. To the left of the dummy is a silver Slinky toy. To the right is a Rubik's cube. A computer monitor is partially visible on the far right edge of the frame.

START

3 FUNDAMENTAL ACTIONS FOR SUCCESS AND HAPPINESS

1. You are what you repeatedly **do**,
so define the actions you want to live.
2. You are the author of your own **story**,
so change what you pay attention to.
3. You are responsible for your own **happiness**,
so seek out gratitude, support, and fun.

humor.me/start

drew@drewtarvin.com



website

email

Humor is a choice.

The Story of my Internship

x Key
Learnings

by Drew Tarvin

