



STOP COLLABORATE & LISTEN

LAUGH**O**LOGY

www.laughology.co.uk



@Laughology



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Laughology



Laughology learning
and development



@LAUGHOLGY

DOSE OF HAPPINESS

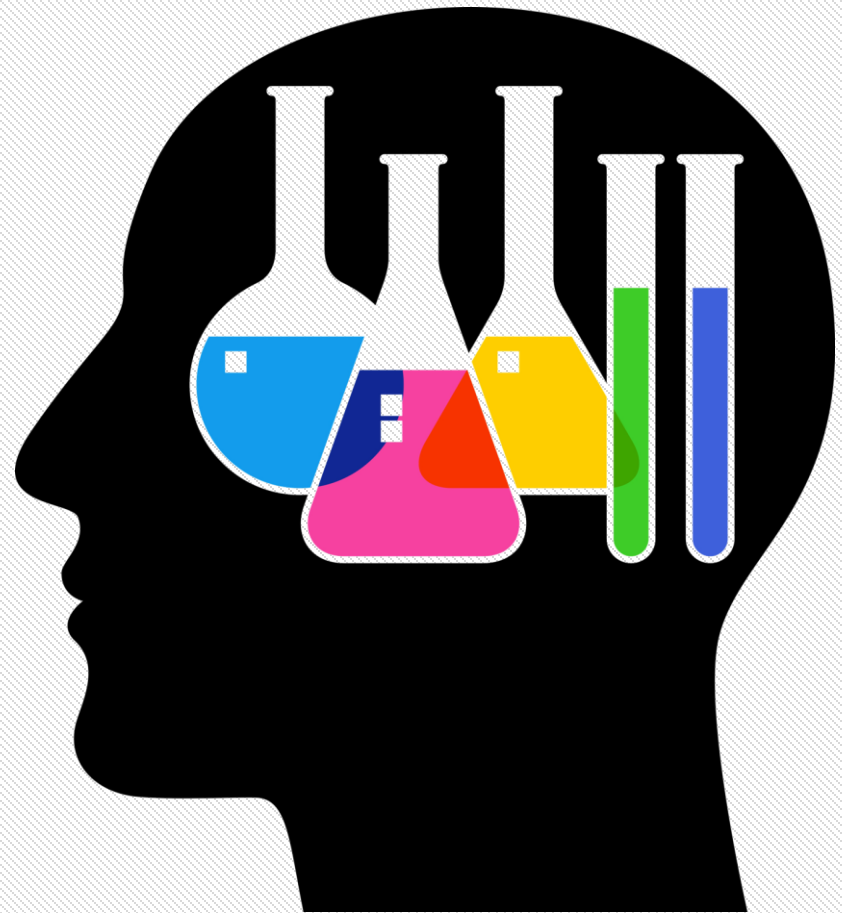
NEUROTRANSMITTERS

Dopamine

Oxytocin

Serotonin

Endorphins



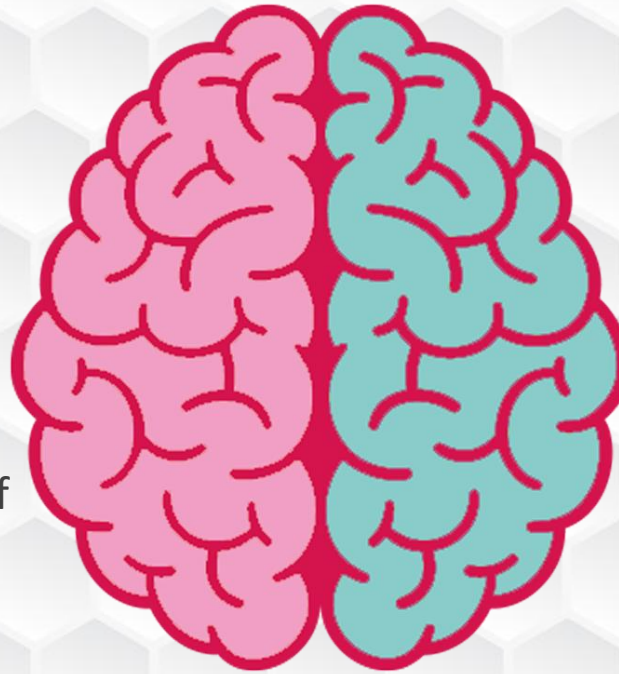
INCREASING PSYCHOLOGICAL SAFETY

A LEARNING CULTURE

- Encourage curiosity
- Learn from mistakes
- Growth mindset

CLARITY

- Clear understanding of role
- Strong and clear brief/regular communications
- Context



COLLABORATIVE TEAMS

- Information sharing
- Make time for chats
- Make time for fun

SUPPORT

- Safe to speak up and ask questions
- Be available to listen
- Role model behaviours

FAST AND SLOW THINKING



FAST

EMOTIONAL

- Automatic
- Intuitive
- Instinctive
- Primary
- Rapid
- WYSIATI



SLOW

RATIONAL

- Considered
- Effortful
- Focused
- Secondary
- Slower
- Challenging

$$CQ + PQ = IQ$$



THE QUALITY OF YOUR CONNECTIONS



LISTENING, TRUST & QUALITY OF CONNECTIONS



Listen
to **learn**

Listen to
understand

Listen
to **win**

Listen
to fix



MAKING WORK YOUR HAPPY PLACE

Find out more about how
Laughology can help make you
and your people happy and
productive.

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