



joyology[™] Journal

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The Joyologists Jottings \\\

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Humour in Business Awards

Depression is currently World Health Burden number 4. The World health Organisation predicts by 2020 it will be burden number 2. When you read the item below you will see that business owners are more stressed than 12months ago and the level of optimism in New Zealand small to medium enterprise has shown a dramatic collapse. So collectively these two things are taking their toll on individual and team productivity.

You can boost morale and inspire your team by entering the awards this year!!

The Humour in Business awards were crafted to demonstrate the degree to which humour and optimism can improve individual productivity, thereby boosting sales and bottom line. *Business to Business* newspaper and Classic Hits 97.4FM in Auckland are the major media sponsors this year. People are invited to contribute entries that share their stories of organisational success where humour has helped create new business, improve the bottom line, fulfill contracts, or overcome hurdles. Perhaps humour has helped create new opportunities and/or ways to compete better in the New Zealand or global market. Entry is FREE and categories are as follows :-

- 1/ Large Business: 20 staff or more
- 2/ Small Business: up to 19 staff
- 3/ Sole Proprietor
- 4/ “Not for profit” Organisation

Overall winner will receive a prize valued at \$1000 and each category will receive prizes to the value of \$250 plus trophies.

Winners of each category are automatically entered for the Overall Winner award. Your amusing entry could be about any aspect of your business, such as leadership, team building, advertising, sales and marketing and/or customer service.

Entry form and guidelines obtained via :- <http://www.joyology.co.nz/awards.htm>

To support your team, you can obtain a FREE copy of the article “**Why optimism is the key to success in Business in 2007**” by hitting reply and typing optimism in the subject line

How you can turn around stress in the workplace

Well before we examine some solutions lets see what the research says ? The Grant Thornton International 2006 International Business Owners Survey (IBOS) reveals that:-

1. Six out of ten business leaders more stressed than a year ago
2. New Zealand business owners among the more stressed

Research among more than 7,000 business owners in 30 countries around the world shows that 57% of all business owners reported higher stress, compared to 39% in 2004, and just 6% felt their stress levels had gone down. Among New Zealand business owners, 46% reported higher stress over the past year, compared with 32% in the previous year. The stress figures follow closely on another Grant Thornton IBOS survey that showed a dramatic collapse in optimism among the same medium-sized businesses in New Zealand. In that survey, New Zealand businesses recorded the lowest level in three years in terms of their confidence for the outlook of the country’s economy over the coming 12 months. “The stress findings are reinforcement of the doom and gloom that, rightly or wrongly, currently pervades the business environment in New Zealand,” said Grant Thornton New Zealand Chairman Peter Sherwin.

For more information http://www.grantthornton.co.nz/publications-and-seminars/press-releases/ibos_stress_2006.html

A free document is attached that outlines the health benefits of humour and laughter !

You can HIT REPLY NOW and receive a FREE information pack on “Why optimism is the key to success in Business in 2007.”

You can also receive a FREE copy of our Stress Management Programs for 2007! This includes the contagious workplaces seminar below.

How can you use collaboration, leverage and relationships to achieve success?

We each know somebody who inspires us by what they are up to on the planet! A community arts group I am involved with has generated over \$300,000 worth of investment in the development of an art centre in Orewa. Named Estuary Art Centre it will be a centre for exhibition of emerging and established artists. In spite of the difficulties that come when a group of creatives work together, they have agreed to collaborate to achieve the project. It has gained leverage by enrolling others so that they are touched moved and inspired by what they have achieved. The story is a fine example of abundance and prosperity as there has only been one “no”. It has been a case of “ask and it is given”. If you have seen the DVD “The Secret” you will know of what I speak. Sometimes in business we are so focussed on creating the sale or getting what we want that we forgo the relationship building. You can create in your own network a circle of influence and concentrate on adding value to encounters with them. Build your relationships over time with no expectation. From the ensuing intimacy of a relationship sustained over time comes referrals and much synchronicity. The law firm Kensington Swan have a new operating principle called Client Intimacy

that is based on the creation of intimate relationships that are managed over time.
Interesting huh ?

Contagious Workplace Attitudes Seminar!

Janice Davies and I are combining for the first time to conduct this workshop called
“**Contagious Workplace Attitudes Seminar!**”

“**Boost your attitude to A+” AND “I flirt therefore I sell”**

Together we will uplift and empower you and your teams to achieve new levels of
performance and

enjoyment at work by sharing latest worldwide trends in creating a “*feel good
workforce*” with heart

and humour. More information on this workshop on.

<http://www.attitudespecialist.com/workshops.htm>

Auckland - Wednesday 07 March 9.30am to 12.30pm 2007

Venue Auckland Conference Centre, Ohinerau Str Remuera \$199 plus GST

BOOK NOW by emailing or booking online with Janice as per her web address above

Good Grief Series of Seminars

**A series of programs are scheduled this year to support the charitable
organisation Men, Women and Grief Homecare organisation**

Dates as below

February 11, 18, 25

April 15, 22, 29

June 5, 12, 19

August 5, 12, 19

October 7, 14, 21

The Workshops run for 3 full days, the first beginning on the 11th, 18th and 25th February at the Browns Bay Community Centre 3 Glen Road, Browns Bay. The workshop will support people moving through grief and loss, and that can be personal or physical. For outline please email and ask for the Good Grief kit

The program also prepares those wanting to become volunteers for the organisation.

To enrol on the course please call the office and leave a message on 476 6947 or reply here for more information

The cost will be \$30 per day from 9.30am - 4.30pm this will cover art costs, morning and afternoon tea.

Please bring your own lunch

Centre of Compassion – Dr Robin Youngson MA, CHB, FRCA, FANZCA

I joined this collective only just yesterday. While their focus is in the health care environs the notion has its place in every work environment. The founder, Dr Robin Youngson, in a paper presented to the AIMA Conference 2006, says he likes this quote on compassion from WordReference.com dictionary :- “*compassion is the humane quality of understanding the suffering of others and wanting to do something about it*”. If people were to adopt this notion in all their encounters, imagine the change that would take place!

Anybody interested can see more and join their campaign on their web site .

<http://www.clanz.org.nz/membership/>

Until next time...I am yours in goodwill

Pat

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