Soft Skills for Hard Times
Tips on How to Create a Healthier Happier Workplace
BOOST 2011

Definition of Team

Team Attributes

Results-Relationships-Process

Team Behavior Self Assessment

Levels of Communication

Pressure Increase/Decrease

What else helps?

FLOW

Stages of Group Development

Situational Leadership

The 11 Commandments
BIBLIOGRAPHY AND RESOURCES FOR ENHANCING THE WORKPLACE

Books:

Good Business: Leadership, Flow, and the Making of Meaning – Mihaly Csikszentmihalyi
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Play: How It Sharpens the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown, MD
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Web Articles:

Laughter is the Best Medicine: The Health Benefits of Humor and Laughter by Melinda Smith, MA, Gina Kemp, Ph.D and Jeane Segal, PhD
www.helpguide.org
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University of Maryland Medical Center – http://www.umm.edu/features/laughter.htm
Cross Cultural Humor
www.humorpower.com
Cynical Humor Directed Towards Patients, it is Mostly about the Culture by Dr. Shock, MD, PhD
http://www.shockmd.com/2009/01/06/cynical-humor-directed.htm
Give Your Body a Boost – With Laughter by Morgan Griffin
http://woman.webmd.com/guide/give-your-body-boost-with-laughter.htm

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