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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

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BIBLIOGRAPHY AND RESOURCES FOR ENHANCING THE WORKPLACE

Books:

Good Business: Leadership, Flow, and the Making of Meaning – Mihaly Csikszentmihalyi

Let My People Go Surfing, The Education of a Reluctant Businessman – Yvon Chouard

Healthy Pleasures by Robert Ornstein, PhD and David Sobel, M.D.

Play: How It Sharpens the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown, MD

Fish Tales: Bite-sized stories. Unlimited Possibilities by Stephen C. Lundin, PhD, John Christensen and Harry Paul.

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

Laughter is the “The Best Medicine” for Your Heart by Michelle W. Murray

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-your-body-boost-with-laughter.htm](http://woman.webmd.com/guide/give-your-your-body-boost-with-laughter.htm)

Websites:

The Humor Project, INC 518.587.8770 www.humorproject.com

Association for Therapeutic Humor www.aath.org

Experiential Education www.experientialeducator.com

Kaplan Companies 800.334.2014 www.kaplan.com

FISH Philosophy www.fishphilosphy.com

Association for Experiential Education www.aee.org

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