

# “How to Catch a Fish in a Hurricane”

*Making a Serious Work Environment More Enjoyable*

## **Program Description:**

Based on the nationally known best sellers, **FISH, FISHTALES and FISHSTICKS** by Stephen C Lundin, Ph.D., Harry Paul, and John Christensen, this fun and motivating program will help employees embrace change and find ways to creatively handle stress. Team building, participatory skills will be used to help participants develop a personal plan for survival. Participants will acquire skills to recharge their batteries, inspire staff members and themselves as well as, improve staff morale during times of crisis and staff shortages and cutbacks.

This program is filled with lots on interaction and “inner action”! Participants will learn that you can have fun at work even when the work is of a very serious and professional nature. They will learn how to make their client-families/customers feel more at ease and comfortable when dealing with your company.

Come have fun. You will be re-charged, re-energized and renewed.

## **Program elements:**

### **1<sup>st</sup> 50 minutes**

- Sharing the FISH story
  - Creating a fun environment
  - Making Their Day
  - Attitude
  - Being Present
- Defining Stress
- What is Team Building

### **2<sup>nd</sup> 50 minutes**

- Group activities and team building exercises
- Preparing a personal plan for survival
- Long term strategies for maintaining and conveying a positive attitude during times of stress and crisis
- Creative time management strategies
- Assessment and planning amid crisis and chaos
- Empowering self and employees

## **Objectives:**

- Participants will learn at least four ways to empower themselves and other employees
- Participants will learn the four elements of the FISH story which will help them create a positive and productive work environment
- Participants will learn at least four ways to have fun in a serious work environment
- Participants will learn at least four ways to be “present” with client/families and fellow employees and promote positive morale, satisfaction with business and fellow workers
- Participants will learn at least four ways that they can improve their attitude about work
- Participants will learn at least four ways to “Make the Day” of client/families and fellow employees
- Participants will learn at least four ways that they can work together better as a team