

THE Naked CAREER

Chapter 2 It's Fun to Work

They say families that play together stay together. We spend so much time at work that it's important to have some fun along the way. This in turn makes us great people to be around.

Happy people are productive people.

When you are happy at work you are:

- Inspired
- More fulfilled
- More creative
- More contented
- Able to find solutions
- Looking for challenges
- More productive
- More motivated
- Energised
- Healthier

Overall you feel better about yourself and project a happy attitude in your work and in relationships with fellow employees and clients.

A happy, fun-loving team of people will always outperform the disgruntled, grumpy, negative team.

What are some recent examples of fun you had in your work environment?

If examples do not come to mind quickly, you must question whether you are having fun at work.

They say that you smile and the world smiles with you. It is so simple and costs nothing.

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When did you last have a great laugh about something at work?

How many times do you smile in a day?

Are you doing work that makes you feel good about yourself?

Are you a Smiler?

Some
Members
Initiate
Laughter in
Employment
Regularly

Understand that your career journey will have both difficult and fun times. All are necessary, but laughter often goes a long way to diluting a difficult situation. Laughter is a sign of a happy person, so, when projected genuinely, it will attract to you positive environments, which will make career activities more rewarding and successful.

Fun brings an extra dimension into your life that makes other things possible and creates better relationships.

There have been many studies about laughter. Paul recalls a life changing experience about laughter in his first work place. At this engineering firm his first manager, Des a very happy chap, was well liked and respected by all the staff. He was a bit of an entertainer and could always share a funny joke naturally.

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One day he took Paul aside and said. “ It is important that you develop your own style of laughter”. These words of wisdom have echoed through Paul’s career years endorsing to him that fun must be an element to enjoying life and work.

Des sadly died in the prime years of his career as the result of an accident, but his legacy to have fun in the work place lives on.

Common views are that it relieves stress and releases a chemical that relaxes the mind.

Laughter is generally all positive and happy. It is difficult to laugh about something negative.

Fun-loving people have a **F**riendly
Unique
Nature

A fun-loving person has a high self-esteem and projects this confidence to communicate in all circles. They also have the ability to laugh at themselves when circumstances permit. They are nice to be around and make great employers and employees.

Fun
Undermines
Negativity and allows us to be happy within ourselves.

You spend a large part of your life at work, so it's important you enjoy it

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What would you like to do different that would give more fun in your life and work

a) Today?

b) This week?

c) This month?

A simple test is to ask when did you last tell a joke?

If you are in a career that you enjoy, then you will have more fun at work.