

**HWZ**

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**LEADING WITH LEVITY**

**ROB SPENCE**

[www.spence.academy](http://www.spence.academy)

## Leading with Levity

### Humor as a Strategic Leadership Competency

Whether you're a seasoned leader or just starting out, this one-day intensive workshop will help you learn how to tap into your natural sense of humor and skillfully weave it into presentations, meetings, projects, and everyday interactions like never before.

### Humor: a Must-Have for Today's Leaders

Recent findings in neuroscience and psychology reveal that laughter is not just a tool for relaxation, it's a powerful asset for leaders looking to build strong connections, influence people, and inspire their teams. Humor has the unique ability to break down barriers, foster trust, and create an atmosphere where creativity and collaboration can thrive.

### The Science of Laughter in Leadership

When we laugh, our brains release a potent mix of hormones, including dopamine, endorphins, and oxytocin. These "feel-good" neurotransmitters enhance our mood, reduce stress, and promote a sense of well-being. But their effects go beyond just making us feel good. According to research published in *The Journal of Business and Psychology*, leaders who incorporate humor are more likely to be perceived as approachable, relatable, and trustworthy.

A Harvard study found that employees who work under leaders with a good sense of humor are more engaged, more productive, and more likely to stay with their company. Humor fosters a positive work environment where employees feel comfortable, valued, and willing to contribute their best ideas.



More infos  
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## **PART 1 - THEORY AND DISCOVERY**

Based on the latest neuroscientific research, Rob explains how humor supercharges your brain, boosts our well-being, and takes our leadership strengths to the next level .

Find your voice - Together, we'll uncover your unique humor style and show you how to use it with purpose.

Right time and right place - Participants learn the do's and don'ts of using humor in the workplace.

## **PART 2 - DECODING HUMOR**

Let's start laughing... We kick start the funny bone with some simple and energizing laughter exercises to activate those happy hormones.

Now it gets wild! We dive into lively improvisation games, theatre sports and creative exercises that instantly spark your inner genius and get the grey matter moving like brain gym.

## **PART 3 - SECRETS OF STAND-UP COMEDY**

Rob lifts the curtain and shares writing tricks top stand-up comedians use to find the funny in any story. Such as the age old formula of "Comedy = Tragedy + Time." The trauma you experience today is comedy gold further down the road.

Grab your pens! Participants immediately apply what they've learned by turning a simple anecdote into a punchy, humorous story.

## **PART 4 - SHOWTIME!**

It's time to rock the stage – participants perform a short stand-up sketch and receive direct feedback on presence, body language, delivery, and timing.

Wrap it and take it away - We reviewing all the takeaways so the team heads home with fresh energy and new skills, ready to stir things up at work.

**More infos**

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# ROB SPENCE

With over 40 years of experience entertaining audiences in four languages across 35 countries, Rob has pretty much seen it all. His career is like a greatest hits album — packed with performances, productions, and TV appearances. He's written, produced, and starred in so many shows, you'd swear he had a clone just to keep up.

With a massive following of over 220,000 fans on social media, his viral videos are making people laugh all over the world! Whether he's rocking the stage live, or going viral online, Rob knows how to hook his audience and spread joy faster than you can say 'Ha!'

But Rob isn't just a comedic genius—he's the Yoda of humor for many of Switzerland's top comedians, and has mentored stars such as: Marco Rima, Claudio Zuccolini and Charles Nguela.

In the past few years Rob has spread his comedic wizardry to the business sector and now coaches top executives from companies like Swiss Life, Leonteq, and Vantobel Bank, turning their presentations into unforgettable experiences filled with wit and charm.

Rob's training for leaders is fun, refreshing, and hilariously effective. After just one day, participants will be able to jazz up their leadership style with a splash of humor and effortlessly take their ability to inspire, connect, and excite others to a whole new level.



**150 M Views**

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