

The Power of Humour: Mental Wellbeing's Secret Weapon

Facilitated by Fergal Barr

Humour is an incredibly powerful tool that practitioners have at their disposal. It is also free, natural, we all possess it and it promotes health and wellbeing in ways that people rarely realise.

Course Information

This 3 hour workshop will transform your understanding of humour and how it can be used to support and promote good mental health. It will provide you with an overview of humour, its many benefits and how it can be used to support and enhance your everyday practice. You will learn a little about the origins and history of humour, its unique selling points, the many physical, emotional, and social benefits to be enjoyed, the different types of humour that exist, theories that underpin it as well as the 'Four Secrets' of humour. Participants will also get a chance to put their learning into practice, discover their own 'Humour Personality' while developing their 'Humour Lens' and begin to appreciate how simple tasks using humour can create new possibilities.

For further information on training please contact:

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Places are limited to 4 per organisation . Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.