

# Humor in coaching

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# Humor is serious business

Humour combines two or more parts or circumstances

Inconsistent

Inappropriate

Incongruent

This causes a shift in perspective, resulting in a new third position. This third position often has a function.

Source: ITP, Morreall, Bergson

# Humor in coaching experiance based opservations

- Reaction of the client
- Recognition of the awariness
- Response

# Humor in coaching **should not be**

- Making client laugh
- Laughing to client or his/her situation
- Prepared or planned
- Desired or seen as an asset

*Client laugh is not equal to humor  
It may even point to hidden theme*

# 7 assets of humor in coaching

1. New perspectives of the context or problem
2. „Caricatures art“
3. Release pressure from the problem, reset & relax
4. Accept vulnerability
5. Embracing weakness
6. Energize process
7. Welcome and bond

# Developing FAT skill/attitude

- Freedom to express & share
- Aceptance of the simplified reality
- Desire for client's Truth

# Welcome to join me to explore more of the topic

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