

Lessons in Leadership Listening & Laughter

Presented by:
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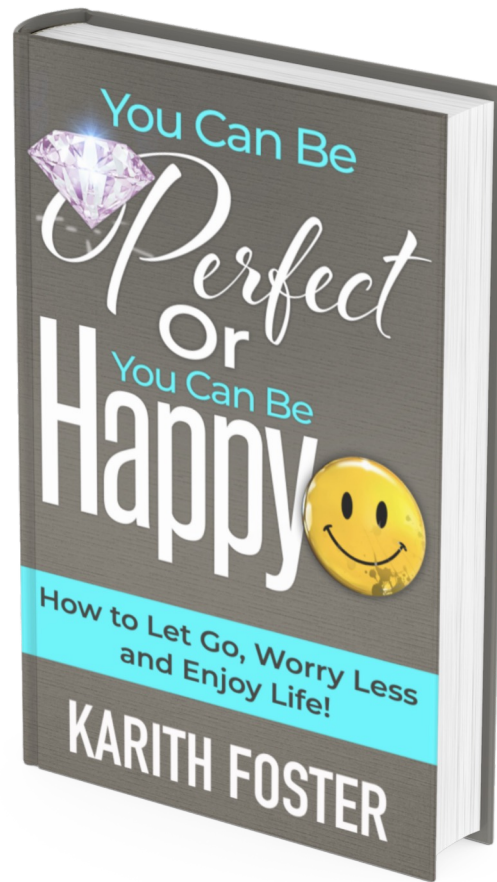




Who is Karith Foster

- Corporate/University Lecturer
- Fortune 500 HR Exec Admin
- Author
- Radio & TV Personality
- Comedian/Humorist
- Wife & Mother





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A New Way to Talk
~~Diversity~~
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Finish these...lines



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Congratulations!!!



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HR

Calling



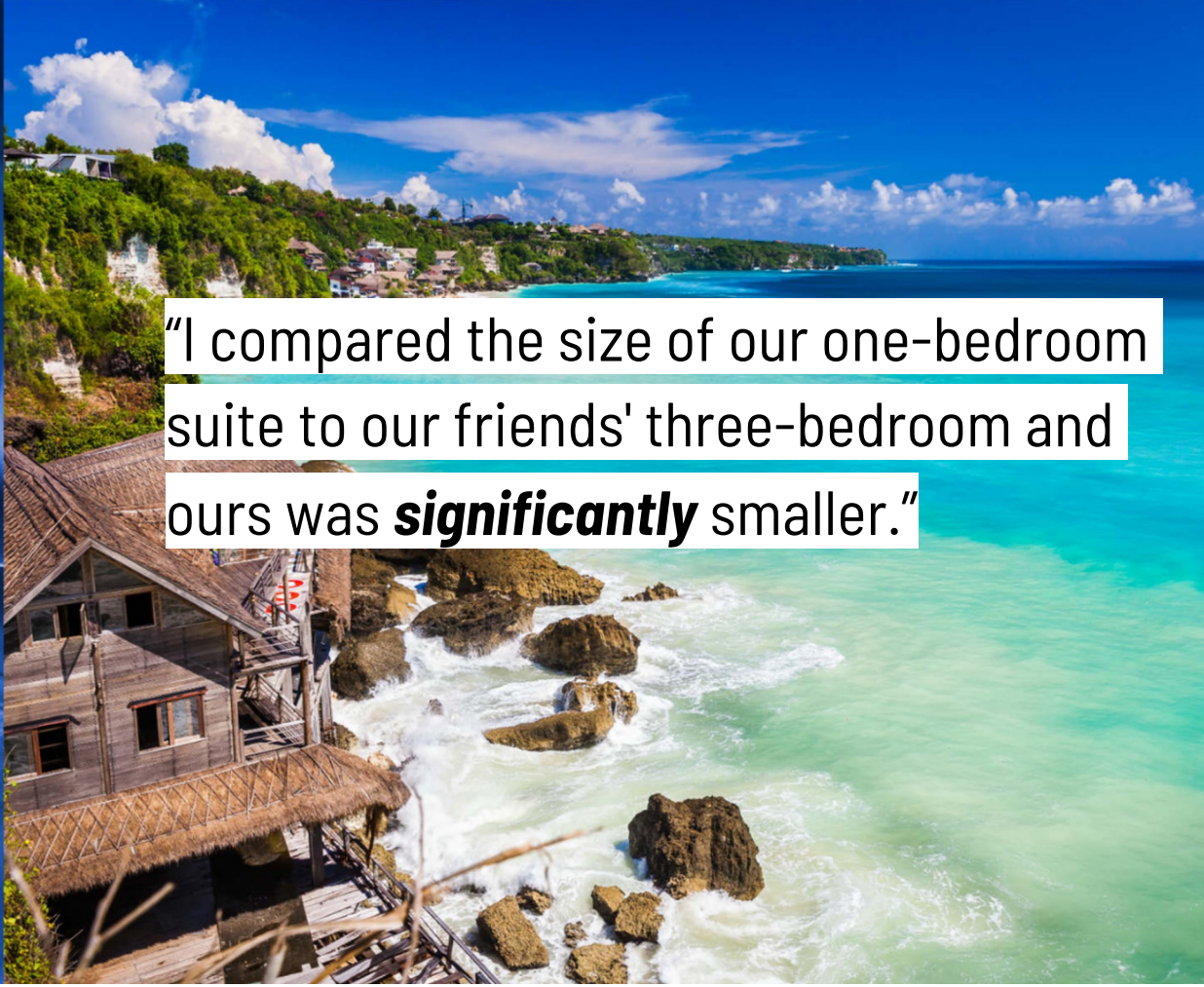
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#Best Reviews



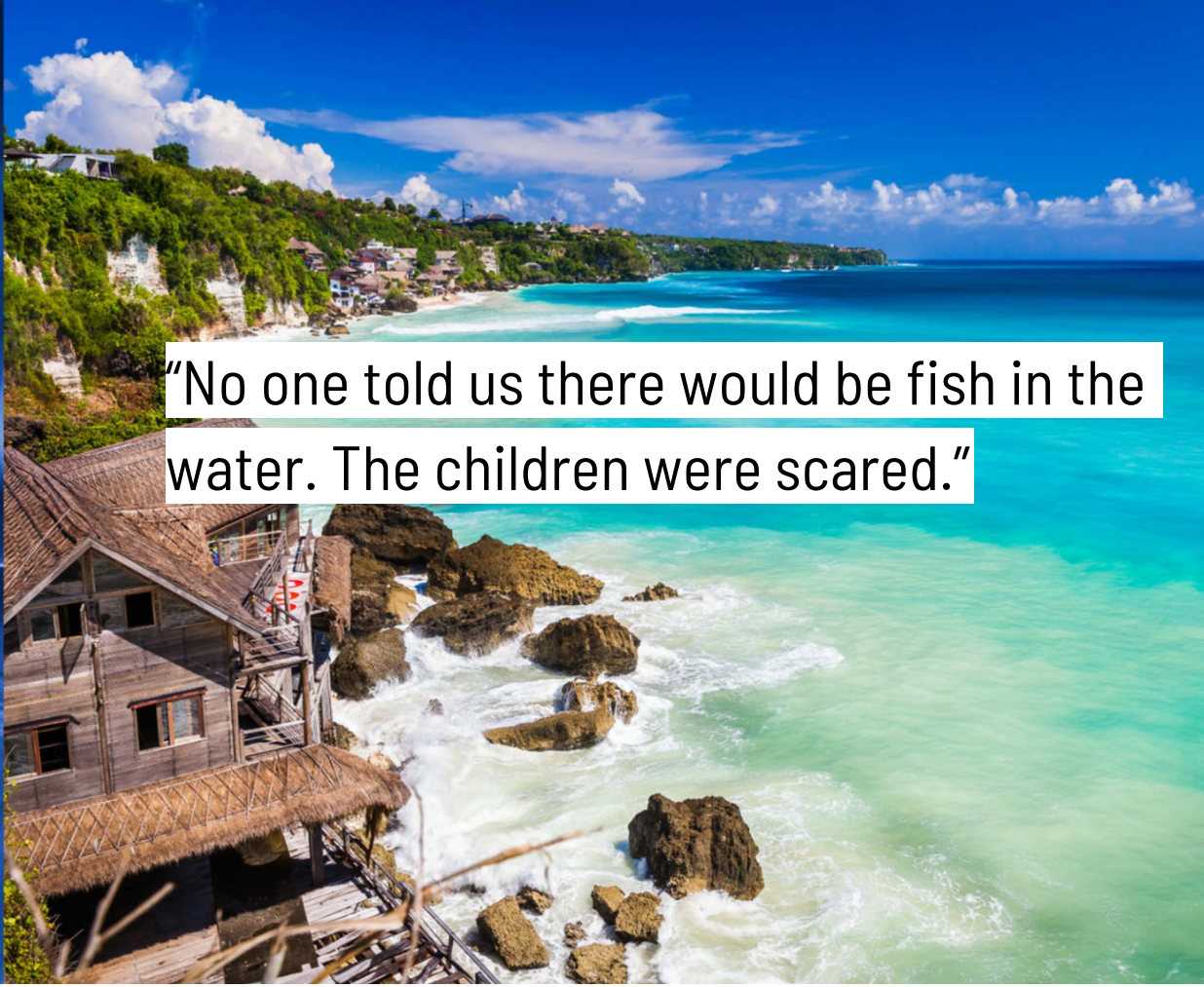
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#Best Reviews




"I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was **significantly** smaller."

#Best Reviews

A scenic view of a tropical coastline. In the foreground, a wooden building with a thatched roof sits on a rocky outcrop overlooking the ocean. The water is a vibrant turquoise color, with white waves crashing against the rocks. In the background, a lush green hillside is dotted with small houses, leading down to a sandy beach and a clear blue sky with scattered white clouds.


"No one told us there would be fish in the water. The children were scared."

#Best Reviews



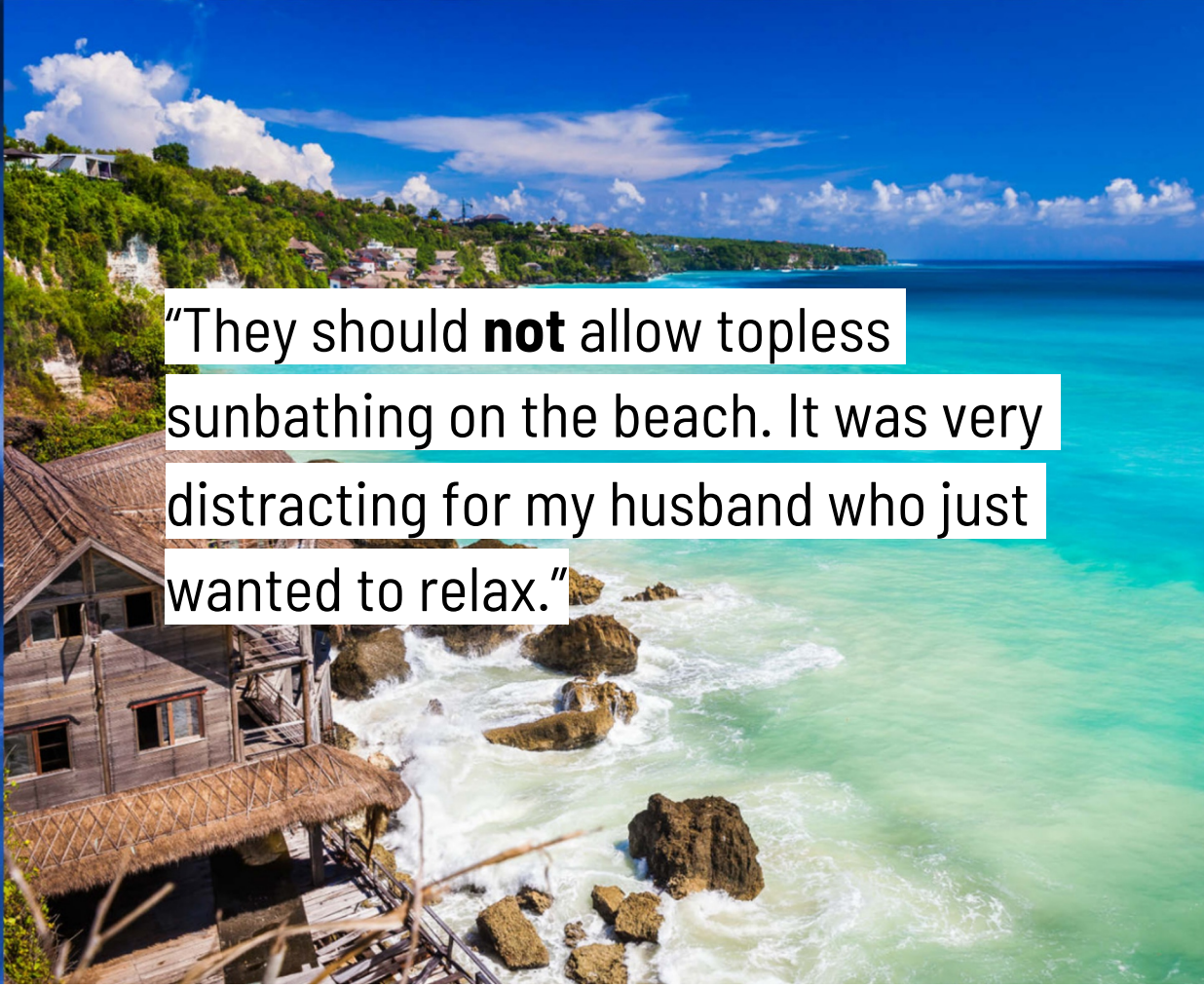
"The beach was too sandy. We had to clean everything when we returned to our room."

#Best Reviews



"The brochure stated: '**No hairdressers at the resort.**' We're trainee hairdressers and we think they knew and made us wait longer for service."

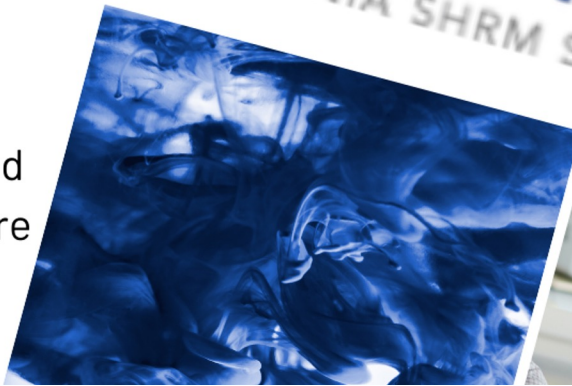
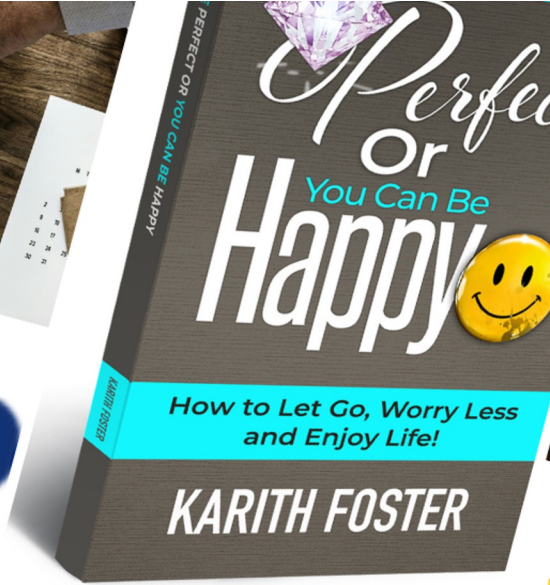
#Best Reviews



"They should **not** allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."

Lessons in Leadership, Listening & Laughter

*Disclaimer: Attending this program may cause epiphanies and shifts in behavior and mindset that can lead to a happier and more fulfilling existence.



Leadership



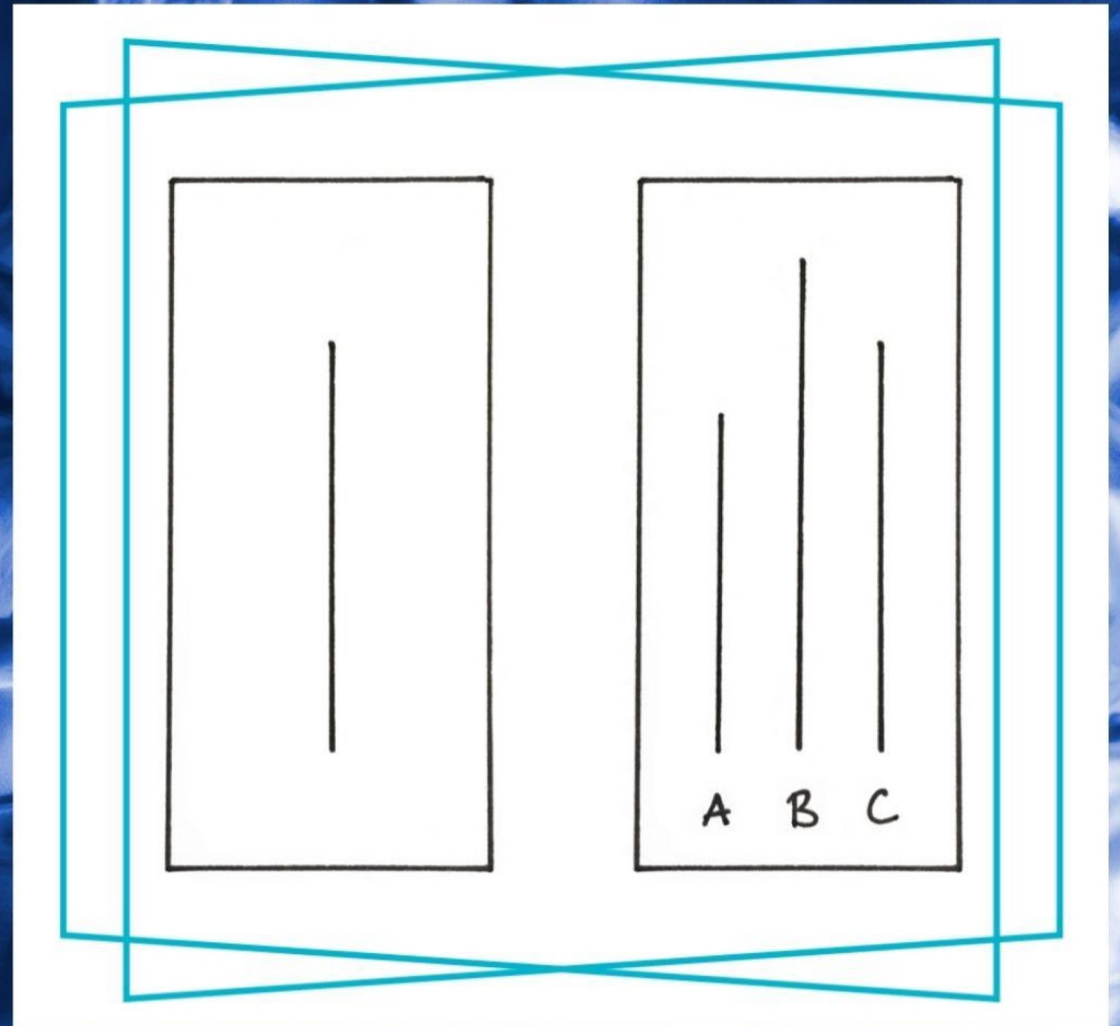
The New York Times
'Some Companies Are Saying Diversity and Belonging' Instead of Diversity and Inclusion'
...ng terminology reflects new thinking among so...
...s, who say traditional D.E.I. strategies haven't w...
...ned.



WHAT SETS LEADERS APART?

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Against the Grain



Solomon Asch 1950 Swarthmore College Experiment

Incremental Inversity



Invest



Attitude



Attitude

GET to vs
HAVE to



Gratitude



Boundaries

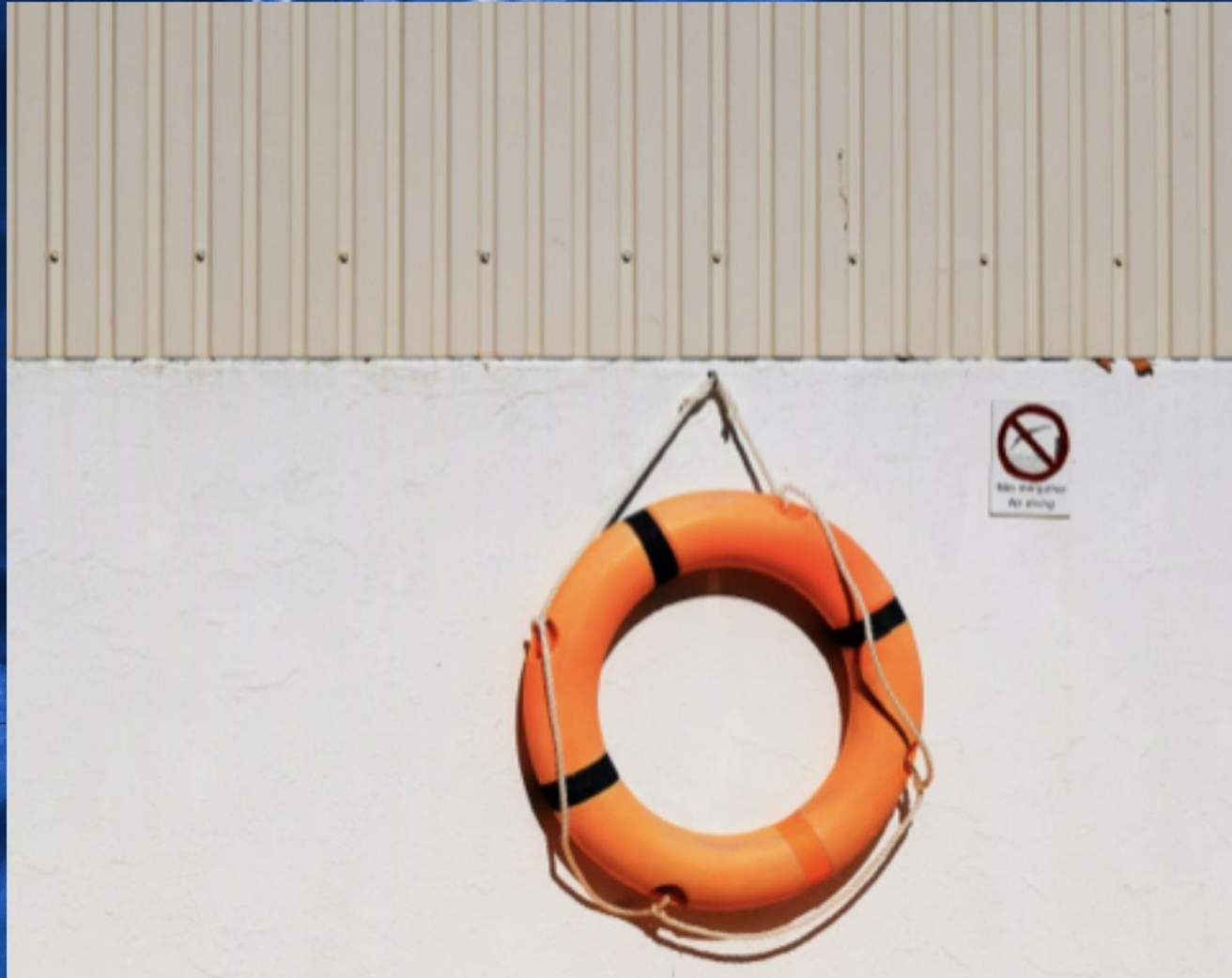


Listening

L



Power



Listening

- **86% of employees and executives cite the lack of effective collaboration and communication as the main causes of workplace failures.**
- **70% of people believe that wasted time is one of the worst consequences of poor communication.**
- **84% of employees rely on their manager for communication, to some degree.**

2024 Grammarly-sponsored report *The State of Business Communication*

Listening

- **50% have admitted that poor communication has increased their overall stress levels.**
- **34% have claimed that it has decreased their job satisfaction.**
- **30% have said that miscommunication has lowered their professional confidence.**
- **22% of them have considered looking for a new job.**

2024 Grammarly-sponsored report *The State of Business Communication*

Be
Present



Be Present

- Phone down
- Close laptop/tabs closed
- Eye contact
- Repeat what was said
- Ask questions/ show interest

Be
Patient



Be
Proactive





Be Proactive

**Acting on employee feedback
increases trust in the workplace by
75%**

2024 Grammarly-sponsored report *The State of Business Communication*

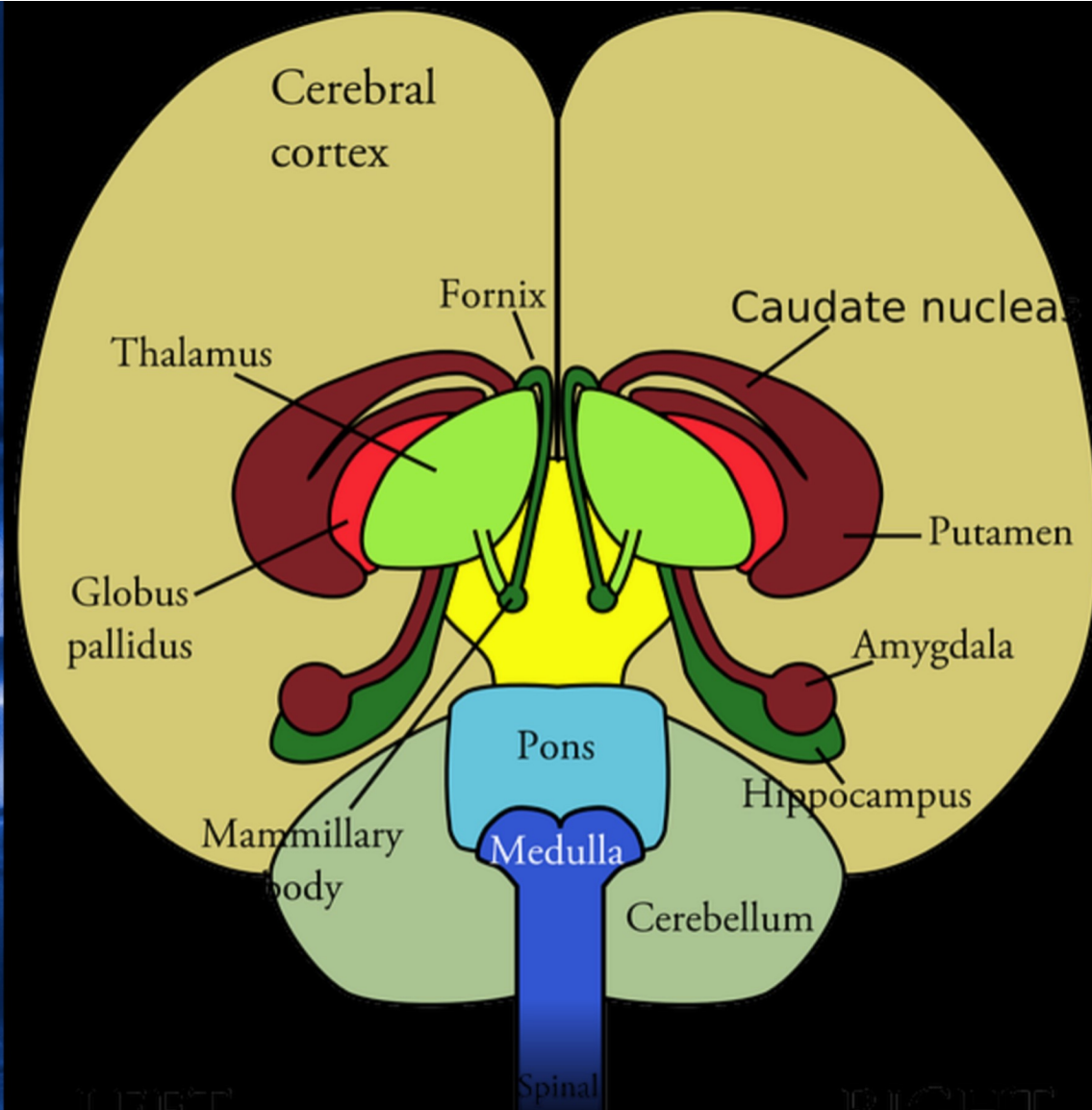
SILENT

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Laughter



Benefits of Laughter



Laughter



Short Term Effects

- Releases endorphins
- Stimulates your heart, lungs & muscles
- Activate and relieve your stress response
- Soothe tension

<https://www.mayoclinic.org/>

Laughter



Long Term Effects

- Improve your immune system
- Relieve pain
- Increase personal satisfaction
- Improve your mood

<https://www.mayoclinic.org/>

Learn More

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