

Laughing Matters



NEOCMN Conference

Friday April 27, 2018

Dr. Kay Potetz

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About Dr. Potetz

Dr. Kay Potetz is a management consultant and has been conducting seminars for the past 25 years.

Dr. Potetz began her career in hospital work as a Radiological Technologist and moved on to Nuclear Medicine Technology. After many years in health care, Dr. Potetz moved from the hospital environment to teaching. Her last position was that of Vice President of a Cleveland Hospital. She introduced her company, Dr. Kay Potetz & Associates in the late 1980s.

She is also an Executive Coach and holds a certificate in *Developing Leadership through Emotional Intelligence* from Case Western Reserve University in Cleveland, Ohio and is a certified Myers Briggs Type Indicator (MBTI) instructor.

Dr. Potetz is featured as an expert source and news commentator on powerful radio stations across the country including top rated CBS Radio affiliates WBBM in Chicago, WTOG in Washington, DC, KRLD in Dallas, KDKA in Pittsburgh, as well as national shows such as Wall Street Journal This Morning. She is also a national contributor to America's Morning News heard on over 140 stations across the nation.

In addition to coaching and conducting seminars, Dr. Potetz is an adjunct faculty member at Baldwin Wallace University in Berea, Ohio and serves as a consultant for Kent State University's Center for Corporate and Professional Development.

She published her books, *"Take It Back: The Personal Power You Give Away Each Day"* and *"Don't Ever Let It Go,"* in 2012 and 2017 respectively.

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Laughing Matters

Dr. Kay Potetz

- » The Critical Roll of Laughter on Our Lives
- » Perceptions and Emotions
- » Why We Act the Way We Do
- » The Blame Game
- » What Things are Funny?
- » If It'll Be Funny Later, It's Funny Now
- » Famous Alibis
- » Attitude Awareness
- » Personal Wellness
- » There is Humor in Every Situation

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3

Definition:

- **LAUGH:** to make explosive sounds of the voice, and the characteristic movement of the features of the body that express mirth and amusement.
- **LAUGHABLE:** of such a nature as to cause laughter. Webster's New World Dictionary



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4

Physiological Effects of Laughter

- Breathing becomes deeper.
- Heartbeat increases.
- Diaphragm and abdomen are given a workout.
- Endorphins are produced.



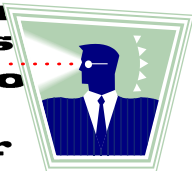
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5

PERCEPTION is Our View of Reality

3 Steps in Process

- 1. Behavior**
- 2. Interpretation**
- 3. Judgment**



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SELECTIVE PERCEPTION

what we see



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Selective Perception



What you see is reality about what



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PROJECTION:

When I take what's going on inside of me and put it on you.



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BEHAVIOR

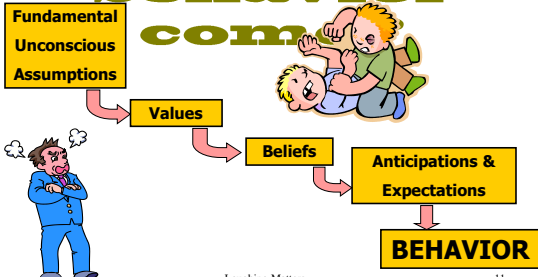
Why We Act The Way We



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WHERE does our behavior come from?



Fundamental Unconscious Assumptions

Values

Beliefs

Anticipations & Expectations

BEHAVIOR

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11

“COMEDY = TRAGEDY + TIME”



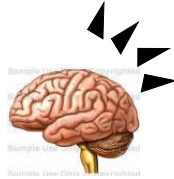

Woody Allen

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12

Laughter as well as other emotions are contagious.

- The brain is an “open-loop” system.
- We are “wired” to pick up subtle clues from one another.

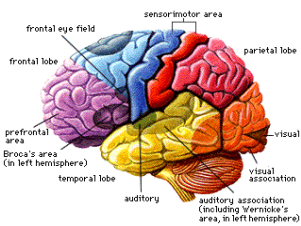


Resonance is contagious.

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13

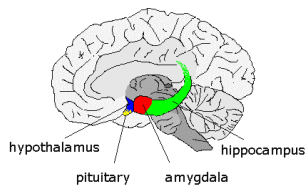
Parts of the brain are no longer discussed. We now talk about “Neuro-circuits.”



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14

- It takes 8 (eight) milliseconds for a signal to get to the Amygdala and set off defensive and stressed memories (the feeling part of the brain).



- It takes that same signal 40 (forty) milliseconds to get to the Hippocampus (the reasoning & thinking part of the brain).

THUS, WE FEEL BEFORE WE THINK!

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15

Steps to Laughte

- **Do** things that make you happy
- **Learn** to



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DON'T BEAT YOURSELF



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REFRAME

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18



My books are published

You can purchase them from:

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- ✓ Amazon Kindle
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19

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20
