



The Power of Laughter

INTERNATIONAL DAY OF HAPPINESS

What do you call a sleeping dinosaur? A dino-snore of course. [Boom boom!]

Ok, ok... cut me a break. If I was good at jokes, I'd be a professional comedian.

But it's International Day of Happiness today so I thought I'd give it a go. Normal service resumes tomorrow. Promise.

This year's theme is caring and sharing.

A reminder that happiness comes from caring for each other, feeling connected and being part of something bigger. (Oh, and there it is again. The power of human connections).

You've got to admit, a world without laughter would be a TOTALLY dull place.

I do get it though. The last thing you feel like doing sometimes is rolling around the floor laughing.

I've been there recently. I had some stuff going on that didn't make me feel like laughing. This pic was taken during that time.

It's from a brand photo shoot Jen Allan ran. (P.S. Jen's great. Check out her website www.jenallanphotography.co.uk).

If I'm honest, I wasn't sure I was feeling it. But we started laughing about something. It felt good. It reminded me of the power of laughter.

So, go on... I dare you. Crack a smile, have a little chuckle at something. Or best of all, go for it with a full on belly laugh. Bet you'll feel better for it.

#businessgrowth#humancentricity businesspartnering #employeeengagement



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