Ezra Holland and Dr. Bill Michaelis
www.children-together.com -www.ezraholland.com
info@children-together.com - 415.948.7725

Soft Skills for Hard Times
Tips on How to Create a Healthier Happier Workplace
BOOST 2011

Definition of Team

Team Attributes

Results-Relationships-Process

Team Behavior Self Assessment

Levels of Communication

Pressure Increase/Decrease

What else helps?

FLOW

Stages of Group Development

Situational Leadership

The 11 Commandments

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info@children-together.com - 415.948.7725

BIBLIOGRAPHY AND RESOURCES FOR ENHANCING THE WORKPLACE

Books:

Good Business: Leadership, Flow, and the Making of Meaning – Mihaly Csikszentmihalyi

Let My People Go Surfing, The Education of a Reluctant Businessman – Yvon Chounard

Healthy Pleasures by Robert Ornstein, PhD and David Sobel, M.D.

Play: How It Sharpens the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown, MD

Fish Tales: Bite-sized stories. Unlimited Possibilities by Stephen C. Lundin, PhD, John Christensen and Harry Paul.

Web Articles:

Laughter is the Best Medicine: The Health Benefits of Humor and Laughter by Melinda Smith, MA, Gina Kemp, Ph.D and Jeane Segal, PhD

www.helpguide.org

Laughter is the "The Best Medicine" for Your Heart by Michelle W. Murray

University of Maryland Medical Center – http://www.umm.edu/features/laughter.htm

Cross Cultural Humor

www.humorpower.com

Cynical Humor Directed Towards Patients, it is Mostly about the Culture by Dr. Shock, MD, PhD

http://www.shockmd.com/2009/01/06/cynical-humor-directed.htm

Give Your Body a Boost – With Laughter by Morgan Griffin

http://woman.webmd.com/guide/give your-your-body-boost-with-laughter.htm

Websites:

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Association for Therapeutic Humor		www.aath.org
Experiential Education		www.experientialeducator.com
Kaplan Companies	800.334.2014	www.kaplan.com
FISH Philosophy		www.fishphilosphy.com
Association for Experiential Education		www.aee.org
AND OF COURSE…	415.948.7725	www.ezraholland.com and children-together.com