

# HUMOR AS A TOOL OR A WEAPON

## DESCRIPTION:

Humor can save your health, your marriage, even your life. This very interactive workshop focuses on helping participants develop a critical coping skill Including exercises to raise awareness of a sense of humor, and techniques to lower your blood pressure, ease your digestion, solve conflicts, have more control over your life, confuse grumpy people and create a more fulfilling, happy life.

## OBJECTIVES:

Participants will learn:

- The power of humor
- How to add more joy into life
- How to minimize negativity
- When humor become a tool or a weapon
- Why some jokes are not really funny
- The difference between aggressive, passive aggressive and assertive
- How to tell if someone is using humor as a weapon on you
- What to do about that

## TARGET AUDIENCE:

This class is restricted to people who live on earth. Bring a notebook, problems to talk over and an intention to interact with other people.

## INSTRUCTOR:

### *David Grouchy*

David Grouchy has worked as an environmental and civil engineer, land and hydrographic surveyor for private firms, construction companies, cities, counties, state and federal government. He was formerly Director of the Louisiana Local Technical Assistance Program.

## REGISTRATION PROCEDURE:

Please contact Gail Ikeda at (808) 956-8367, (808) 956-8851 (FAX) or [gail@eng.hawaii.edu](mailto:gail@eng.hawaii.edu) by **Friday, September 2, 2005**.

**September 12, 2005**

Civil Service Training Room  
630 E. Lanikaula St.  
8:30 a.m. – 4:30 p.m.

Workshop sponsored by the  
**Hawaii Local Technical Assistance  
Program**

in cooperation with the  
*Hawaii State Department of Transportation  
University of Hawaii's Department of Civil  
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