



Corsini's Point of the Week™

December 14, 2009



Work at Having Fun, Really Part 6 of 7

We started this **7 F's of True Success** series talking about **Fun**. I suggested that with the economy so definitely un-fun, that **real fun is exactly what most people need right now to reduce stress levels, lower overall anxiety and find our way through these turbulent times.**

Good news: The approaching holiday season will offer us some much-needed downtime, which is perfect for fostering fun. I encourage you to seize the opportunity! **I believe that having fun and finding joy in our lives is a requirement, not an option.**

Why not work to play? I guarantee it's good for you. On that note, **I suggest that you actively look for opportunities to have fun at work before taking your time off.** Host a holiday potluck. Treat the staff to a massage therapist who can come to the office. Take a field trip to a local restaurant for coffee and dessert in the early afternoon. Just have some fun. Being around someone who never does just ain't any fun at all.

Then have a fun holiday season. There was a great segment on NPR's *Morning Edition* recently with celebrity chef Nigella Lawson, who advocates easy (fun for all!) entertaining during the holidays. I think she's right on target. Go to <http://www.npr.org> and type in her name to hear the story. Then take our advice. Relax. Do something that brings you joy. Better yet, **do lots of things that are fun and bring joy not only to you but also to your loved ones.** You never know, this sort of thing might become a habit.

CORSINI'S POINT

All work and no play make Johnny (and Sally and anyone else) unhappy and, quite frankly, not much fun to be around. Make time for fun. Schedule it if necessary. I'll even go so far as to recommend you work at it. Even at work. Organized fun at work makes everyone happier and more productive. Use your holiday time off wisely. Downtime spent doing something you enjoy will recharge your batteries, refocus your priorities and—ultimately—help you do what you do better.

QUOTE OF THE WEEK

"Happiness, like gold, has to be mined from the ore of everyday work."

— Merle Shain

DOWNLOAD THIS POINT

ARCHIVES OF POINTS



Corsini Consulting Group, LLC

6 Office Park Circle, Suite 309
Birmingham, AL
35223-2542
(205) 879-0432

marc@corsini.com
www.corsini.com

Copyright 2009
by Marc A. Corsini

Material may be reproduced
with credit to Marc A. Corsini

DO WHAT YOU DO BETTER with Corsini Classroom Essentials

Did you miss the recent Social Media Conference? Or do you want to replay some of the expert advice you heard that day? Either way, you're in luck. CCG has produced a special DVD of the event.

You'll hear **David Brasfield, founder and CEO of TriNovus**, talk about how he's using social media for public relations, marketing materials, business development and turning leads into customers. www.trinovus.com **Kara Kennedy, director of external affairs at Samford University's Brock School of Business**, discusses the various social-media tools available today and how to incorporate them into your company's overall marketing strategy. And **Brian Cauble, co-founder and CEO of Appsolute Genius**, talks about how to take "offline" relationships online using the latest social-media techniques. www.appsolutegenius.com **The DVD is only \$49.95 (that's a significant savings off the list price of \$99.95).**

To order yours, go to www.corsini.com then click on the EVENTS link. For information on upcoming (and ongoing) Corsini Classroom Events, contact Marc Corsini at marc@corsini.com or call him at (205) 879-0432.