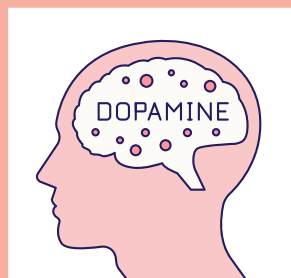
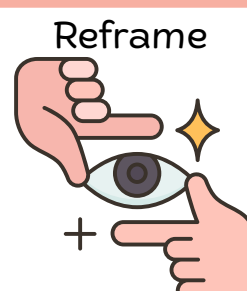
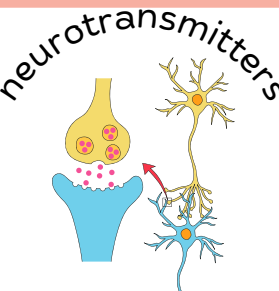
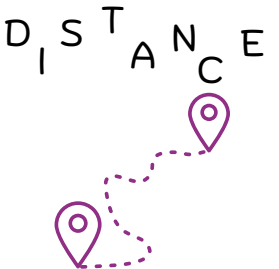
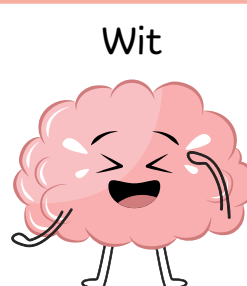
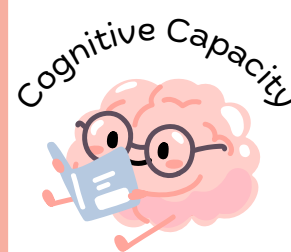
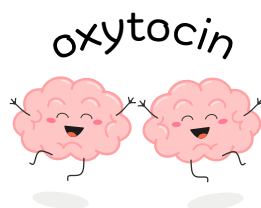


ICF CONVERGE BINGO

Bea Binze,
PCC, CHP, DTM

Karyn Buxman,
CHP, Neurohumorist

Sue Stevenson,
PCC, CHP, FCIPD



As you hear a word over the course of our session, mark the accompanying block. BINGO includes a straight line horizontally, vertically, four corners, and a coverall. Shout when you have a BINGO!



What we're going to cover:

- 🗣️ Intro & Context (set the stage)
- 🧠 Neuroplasticity + Humor (your brain on funny)
- 🧑🏫 Coach Competencies (humor as a power tool, not a party trick)
- 🎮 Practical Application (time to play!)



References

Bincze, Bea. (2025). *Perfectly imperfect. Fun-framing playbook: Practical tools to reframe perfectionism. Reduce stress, and laugh more.*

Buxman, Karyn. (2016). *Lead with levity. Strategic humor for leaders.*

Buxman, Karyn and Stevenson, Sue. (2023) *White paper: The missing piece. Humor applied strategically in coaching.*

Gordon, Evian. (2025). *The brain way. Brain, self, habits, AI, and humanity.*

Kennison, Sheila. (2020). *The cognitive neuroscience of humor.*

Stevenson, Sue. (2023) *Impossible to possible. Neurostrategies for healing, humor and a reimagined life.*

Resources:

Association for Applied and Therapeutic Humor. <https://www.aath.org>

This non-profit organization serves as the community for professionals who study, practice, and promote healthy humor.

Brain by Design. Master Class for Coaches. Led by James Garrett

<https://brainbydesign.com/masterclass-for-coaches/>

Humor Ambassadors. Led by Bea Bincze.

Bring more humor into ever day life. <https://humorambassadors.com/>

The Missing Piece: Strategic Humor for Coaches and People Who Listen for a Living. Led by Karyn Buxman, neurohumorist. An 8-week Masterclass for coaches diving deep into humor and connection, conflict, resilience, and much more.

Contact us:

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