

ICF CONVERGE

OCTOBER 23-25, 2025 • SAN DIEGO



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Coach with Levity: The Serious Business of Humor in Coaching as a Transformational Coaching Tool



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DISCLAIMER

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Brain Break

What to expect

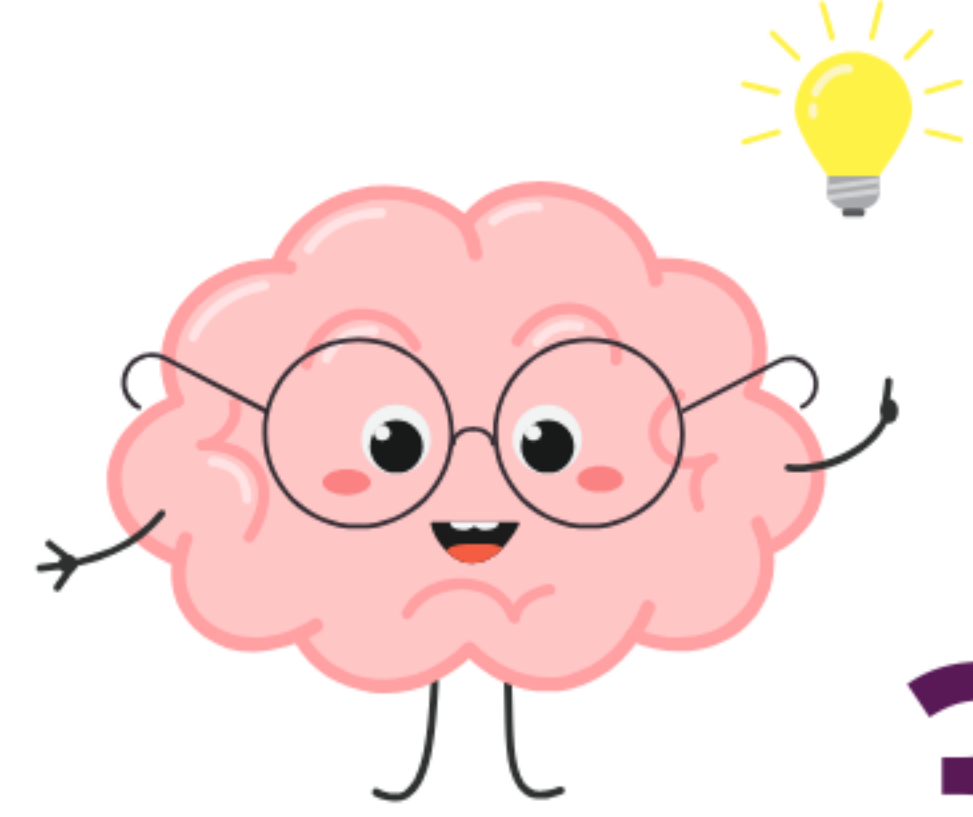




Humor is today
where meditation was
20 years ago.

Anna Hatchard,
Founder of the Laughter Lab

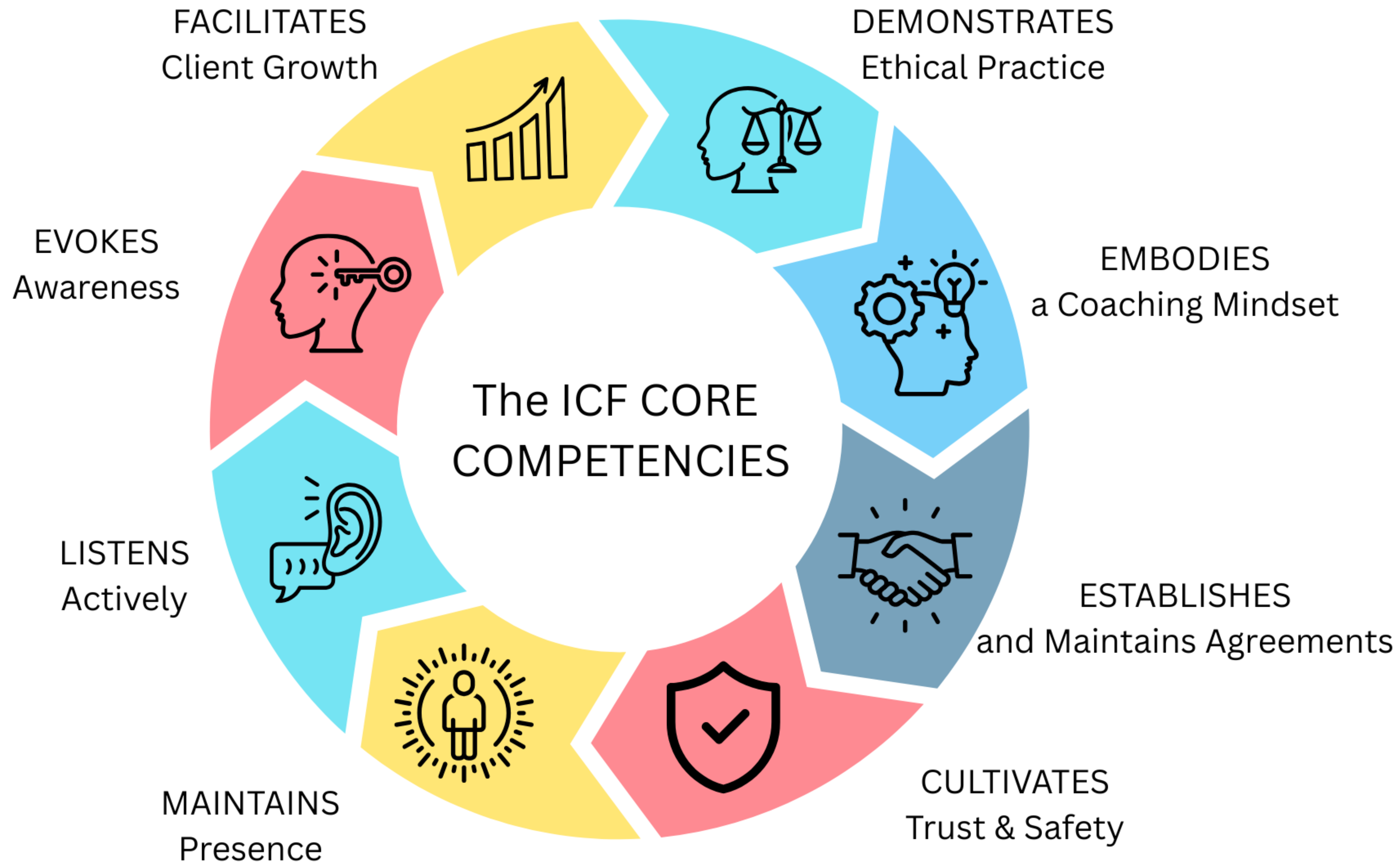


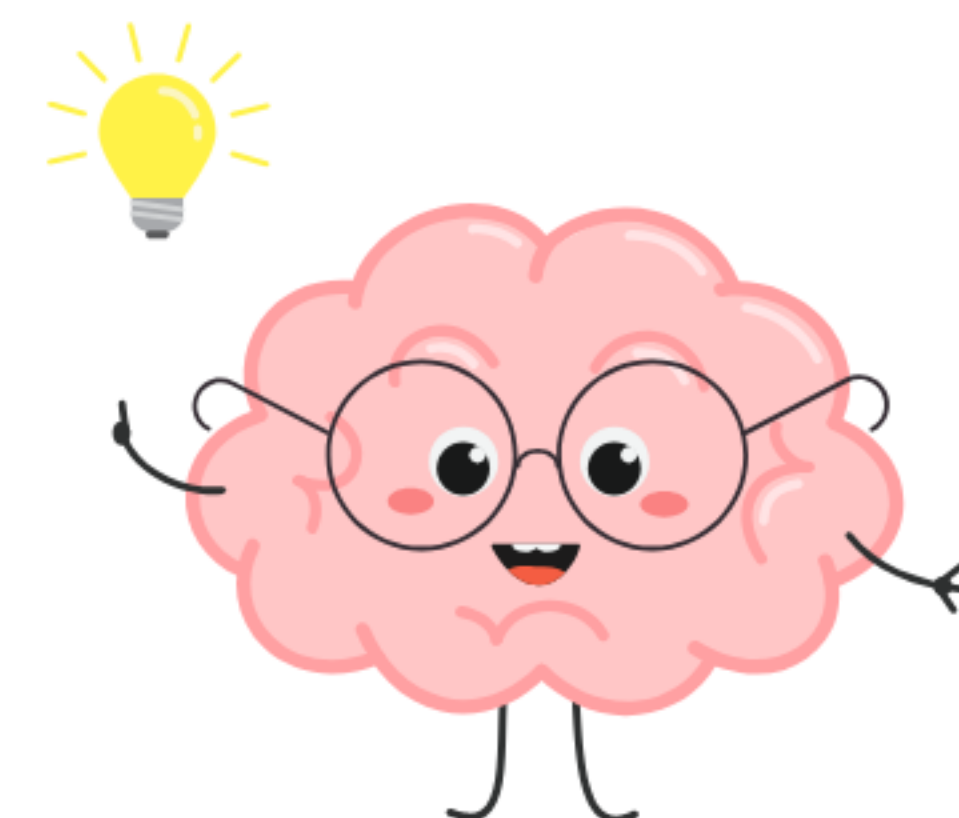


3 Purposes of Humor

- Entertainment
- Influence
- Well-being

Karyn Buxman, 2024





Humor and Coaching Study

2021/2022

- 306 Coaches—mixed levels of experience and niches
- 147 Surveys completed
- 10 Questions: 4 Quantitative and 6 Qualitative
- 15 interviews

Humor can alter the conversation and open avenues for communication that would otherwise remain closed.

After several sessions, my coachee started responding to my humor with her own humor. And in turn she says that her staff is using more humor, as well. She's become their role model.

I use humor a LOT. One story I tell is about why humans fear speaking so much. It's about biology and the lizard brain, but the way I tell it is entertaining, and it gives them a sense of relief.

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