

James R. Williams
EMS Educator and Speaker

“Can We Learn From Humor? (60 – 90 minutes)”

NCCR Category: Operations

General/Breakout/Concurrent Sessions

Summary

Humor is a necessary tool in order to stay sane in this profession. The sarcasm, jokes, and comments traded between public safety providers are often found to be a form of stress relief. However, from the outside looking in, most would think that we need serious therapy. Aside from the psychological benefits of humor, valuable lessons can be learned. During this session, James will share with you some of the hilarious situations he has faced in his career and the lessons he has learned from each experience. Attendees are encouraged to use the restroom prior to this session, as having an “accident” would be embarrassing.

Objectives

- Identify the benefits of humor in our professions
- Explore the proper use of humor
- Explore what lessons we can learn from each situation