



PREVIEW GUIDE



FUN IS GOOD

FEATURING THE SAINT PAUL SAINTS

Fun Is Good Preview Guide

Getting the Most Out of Your Preview

Thank you for previewing **Fun Is Good** featuring the Saint Paul Saints.

We know you're busy and don't always have the time to read through every leader's guide and participant workbook sent your way. Therefore, we have summarized the key information in this preview guide. This will allow you to make the best purchasing decision for your organization within your time constraints.

In this preview guide, you will find a quick overview of the key concepts from the film, along with sample sections from the leader's guide and workbook.

If, after viewing the program, you would like to see a copy of the complete support materials, please call Star Thrower Distribution at 800.242.3220. In the meantime, you're invited to keep this preview guide even after you return the preview film.

Fun Is Good is a trademark of the St. Paul Saints Professional Baseball Club, Inc. and is used by permission.

Dear Trainer,

You are evaluating **Fun Is Good**, the new training program featuring the Saint Paul Saints and their **Fun Is Good** motto. And the good news is that **Fun Is Good** is Two Programs In One: **Fun Is Good** and **Fun Is Good The Extended Version**.

Why design two versions? Expanded training possibilities!

- ❖ **OPPORTUNITIES.** Two versions create many more learning opportunities.
- ❖ **REINFORCEMENT.** You can train with one version and follow up with the other.
- ❖ **STYLE.** The two versions each have a different style. The different styles may work better with various groups in your organization.
- ❖ **CONTENT.** Essentially the same, **Fun Is Good The Extended Version** incorporates information from **Fun Is Good** plus more.

Take a look at the two versions on your preview tape and decide which will work best for your needs!

The support materials incorporate both versions of the program. Their design allows you to pick and choose which sections are most applicable to your organization. The Leader's Guide and Workbook sections are as follows: Key Concepts, Meet the Saints, Topic Specific Discussion Questions, Group Activities, and Ongoing Fun Ideas. The Key Concepts section is broken up into two parts to cover both versions of the program. The remainder of the guide is applicable for both versions.

Enjoy the program. And remember, **Fun Is Good!**

The Saint Paul Saints

The Saint Paul Saints are a minor league baseball team located in Saint Paul, Minnesota. Founded in 1993, the Saints are known by baseball fans everywhere as one of the wackiest, craziest, most fun-loving teams in all of baseball. With “ushertainers” entertaining the crowd, lively, original skits between the innings, a costumed pig that delivers balls, and even a nun who gives massages to fans, families and friends, companies and colleagues flock to the games for their share in the fun. In fact, the Saint Paul Saints make their games so much fun that almost every single game since 1993 has been sold out!

For tickets or more information on the Saint Paul Saints, call (651) 644-6659 or visit www.spsaints.com.

WHAT IS Fun Is Good?

Fun Is Good is an experience.

It's a feeling.

It's a way of life.

It's an attitude.

Fun Is Good is what the Saint Paul Saints employees come to work with everyday. When these employees arrive at Midway Stadium in the morning, they know they are going to enjoy themselves, game day or not. Without the positive attitude internalized by the Saints employees, their work experience wouldn't be nearly as interesting or productive. Sure, they work in baseball. And yes, during the summer they work outside. But, they are working and they do have important responsibilities. During the summer, Saints employees can work 15 hours a day, only to come back and do it all over again the next day.

So how do they do it? Game after game, season after season, year after year? It's really quite simple. By internalizing their motto: **Fun Is Good**.

And here's the good news: Every organization can implement a **Fun Is Good** philosophy. Because **Fun Is Good** has everything to do with making the workplace more fun. And fun comes in many different forms. On the surface, it shows up as laughing, joking, and just having a good time. Everyone needs to laugh at work. **But the fun goes much deeper** – it's in building relationships and creating a community with co-workers and teammates, it's in treating people the way they should be treated, it's in having a positive attitude, it's in accomplishments, and it's in bringing passion to work every single day.

Materials Included With Fun Is Good

Fun Is Good is a complete training system. A successful training course is one that inspires the participant to remember content and apply the lessons learned. We have carefully crafted this program to accomplish each of these tasks.

Fun Is Good— VHS or DVD

We believe that a training film should both entertain and inform. First, the program must inspire the viewer to see the topic's importance. Then the program must provide information that causes the viewer to take action. Both the VHS and DVD are closed-captioned. The film is also available in the PAL format. You will receive **Fun Is Good** and **Fun Is Good The Extended Version**.

Fun Is Good - LEADER'S GUIDE

Our goal is to develop a guide that makes the materials easy to use and flexible enough for all training levels. This guide respects the uniqueness of each facilitator, as you can customize the questions and activities for your organization. It is designed to provide you with the information needed to determine what the participants remember about the program. The leader's guide also helps you check for participants' understanding of the concepts. And finally, the questions and activities encourage participants to think about how these ideas relate to their own work and lives.

Fun Is Good – PARTICIPANT WORKBOOK

The participant workbook assists in individual learning. It works in correlation to the leader's guide but does not assume a facilitator is involved. It provides individuals with the opportunity to study at their own pace. These workbooks are excellent for organizations that utilize large group training and do not have a lot of time for discussion or activities. The workbooks allow participants to study the materials independently.

Fun Is Good – POCKET REMINDER CARDS

These small cards help viewers remember the program's key concepts. Remembering the important learning points is vital for results. Commonly, trainers pass these cards out at the end of a presentation.

Fun Is Good – CD-ROM

PowerPoint Presentation

The PowerPoint Presentation on CD-ROM highlights the film's important concepts and lessons. It summarizes the film and serves as an excellent review.

The CD-ROM can also be used to prepare overhead transparencies. These save the trainer valuable time as they get ready to present the program.

Transcript

Also included on the CD is the direct transcript from the film. This is useful when trying to review a specific part of the film.

General Information

LENGTH:	Fun Is Good – 14 minutes Fun Is Good Extended Version – 16 minutes
SALE PRICE:	\$695.00
RENTAL PRICE:	\$275.00 (5 days)
PREVIEW PRICE:	FREE
MATERIALS INCLUDED WITH SALE:	Two DVDs or Two VHS (<i>Fun Is Good</i> and <i>Fun Is Good Extended Version</i>), Leader's Guide, 10 Participant Workbooks, 10 Pocket Reminder Cards, & CD-ROM including PowerPoint Presentation and Transcript.
MATERIALS INCLUDED WITH RENTAL:	DVD or VHS, Leader's Guide, CD-ROM including PowerPoint Presentation and Transcript.

Additional Material Pricing

LEADER'S GUIDE	\$25.00
WORKBOOK	\$14.95
POCKET REMINDER CARD (10 pk)	\$5.00

Industry Discounts

GOVERNMENT	10%
EDUCATION	20%
NONPROFIT	20%
CONSULTANT	25%



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Workshop Training Options

Consult this table when developing your training session. Keep in mind: these are merely suggestions. Some groups may move faster than others, so the time needed is an estimate. It also works to interchange the various sections. The possibilities are limitless.

	One Hour Workshop	Two Hour Workshop	Half-Day Workshop
Introduction/ Show	SHOW Fun Is Good	READ Page Five in the Leader's Guide SHOW Fun Is Good	READ Page Five in the Leader's Guide SHOW Fun Is Good
Discussion	One Key Concept, One Topic Specific Discussion Question Section	Two Key Concepts, Two Topic Specific Discussion Question Sections Two Meet The Saints Sections	Three Key Concepts, Four Topic Specific Discussion Question Sections All Meet The Saints Sections
Practice	Two Group Activities	Three Group Activities	Five Group Activities
Conclusion		PowerPoint Presentation	PowerPoint Presentation
Pass Out	Pocket Reminder Cards	Pocket Reminder Cards	Pocket Reminder Cards

IT STARTS WITH PASSION AND ATTITUDE

From The Film: “This thing behind your eyes, that machine, is much more sophisticated than anything that we’ll build in several lifetimes. And then it’s governed by this thing called heart.”

—Mike Veeck, **Fun Is Good**

From The Film: “You have to really have a positive attitude, just like a good actor or a good ball player has to come to the game everyday, thinking that they’re gonna knock ‘em dead. I need to do it too and we really need to do it in our workplace.”

—Dave Wright, **Fun Is Good**

Program Insight:

In **Fun Is Good**, the Saint Paul Saints employees discuss the importance of passion and attitude within their work. The combination of having a positive attitude and finding their passion helps make everyday more productive, more successful, and more fun.

When you hear the word “passion,” you might immediately jump to the conclusion that it has nothing to do with the workplace. However, passion is the motivation that drives us to create our most meaningful work. We all need passion in our lives because it’s what keeps us going. It helps us determine our visions and accomplish even the most unlikely challenges.

Is it possible to combine your passion into your work? Absolutely. In fact, finding and applying passion in our work is something we should all strive for. When we are able to incorporate our passion into our work, the benefits are immense. However, when faced with a lot of responsibilities and not a lot of time, our focus can become restricting. We may lose our energy and enthusiasm by concentrating on menial tasks and lose sight of the overall vision. At the same time, passion does not mean becoming a “workaholic” or forcing yourself to enjoy some of the tedious elements of your responsibilities.

Having passion enables us to thoroughly enjoy our work in alignment with our values. At work, your passion may be for your organization’s big picture or for meeting your company’s goals, for the team that you’ve helped to create, or for your individual responsibilities. Passion starts in the heart and then shows itself in words and actions. Additionally, your passion can come from the outside, as well as from within.

Along with having passion, having a positive attitude is needed to build a successful foundation at work. Your day directly depends on your attitude. When people come to work and spend the day complaining, avoiding coworkers, and making it apparent they can’t wait to get home, it not only hurts them, it hurts everyone else. Positive or negative, attitude is contagious. When people come to work with a negative attitude, it is that person’s responsibility to recognize it and turn it around. Your attitude is your choice!

Coming to work with a positive attitude makes a significant difference to you as an individual and as a team member. It’s not always easy to have a good attitude. For example, maybe a big sale falls through or you have to work on a Friday night. Every work environment has its ups and downs. A positive outlook makes getting through the

tough times a little bit easier. It also makes coming to work pleasant and enjoyable. Additionally, having a good attitude helps build rapport with clients and coworkers, promotes a healthy work environment, generates new ideas, and lessens the effect of the occasional bad day. Equally as important, having a good attitude generates motivation and creates a willingness to learn.

Fortunately, having an uplifting attitude is a decision we can choose to make every single day, in our work life and in our personal life. Consciously utilizing a positive attitude at work will not only enhance your productivity, but also make your work environment more fun. When we combine our positive attitudes with our passion, we give ourselves the best opportunity to succeed in our life and in our work.

Facilitator Question:

The word passion may sound theoretical and not very work-related. But is it possible to make your passion tangible? And is it possible to live your passion at work if it is not directly related to your responsibilities?

Facilitator Question:

Fun Is Good discusses how passion starts in your heart. What does this mean to you? What are you passionate about? Can you force passion if it doesn't begin in your heart?

Facilitator Question:

If you can, write down the big picture and vision of your organization. Then list what you like about your job and your work environment. Where do they connect? How can you align your passion with your organization's big picture?

Facilitator Question:

We've all had bad days at work - days that we would rather forget. When you have a bad day, are you able to overcome it and come back to work refreshed? If so, describe how? If not, why not?

Facilitator Question:

Every day, we are faced with a plethora of choices. At work, we have the ability to choose to have a good attitude. Do you believe that a good attitude can help you find success at work? Additionally, how do attitude and choice come into play when making a hard decision or taking a risk?

Facilitator Question:

Have you ever noticed that oftentimes, people working together have similar attitudes? This is because attitude is contagious! Do the people you spend time with tend to have positive or negative attitudes? Do you lean towards one or the other? Does this make a difference in your work? What can you do to encourage positive attitudes in your workplace?

Topic Specific Discussion Questions – Fun

1. Facilitator Question:

Throughout this training session, we've discussed the **Fun Is Good** concept. Do you believe that creating fun in the workplace is important? Why or why not?

Possible Responses:

- ❖ I have always thought that having a good time at work is important. If I don't like what I am doing, I am miserable at work and at home.
- ❖ My philosophy is that if you don't love what you do, you better really like the people you see at work everyday and make an effort to have fun with them.

2. Facilitator Question:

How do you bring fun into your work environment?

Possible Responses:

- ❖ Every now and then, I like to declare a day "80s Music Day" or "Crazy Hat Day" just to change things up a little bit. It's not too distracting and it's fun!
- ❖ To me, fun is as simple as doing a good job or recognizing a colleague for the good job they did. To me, that's fun.

3. Facilitator Question:

We've briefly touched upon the difference between fun and play. What do you believe is the difference? Do you favor one over the other? Is one more appropriate than the other?

Possible Responses:

- ❖ I think the most significant difference is that play is a one time thing. You tell a joke or play a prank on someone. To me, fun is satisfaction. It's a bigger feeling that you can carry with you the entire day.
- ❖ I think even though they're both related, they're totally different. They each have an appropriate time and place.

4. Facilitator Question:

How can having a good attitude and focusing on the big picture get you through some of the less exciting elements of your position? How can you make parts of work that are not normally considered fun, (like a meeting) fun?

Possible Responses:

- ❖ I start every meeting with a riddle or game.
- ❖ I like to conclude my meetings by reading a thoughtful quote or essay.

Group Activities

Chain Link Sentences

Materials Needed: Pens and Paper.

Length: 10-20 Minutes

Break your participants up into groups. Four to eight people per group works best. Ask each participant to individually come up with a one sentence statement about how they plan to make their company or organization a better place to be. Examples can include developing a bi-yearly appreciation banquet, an open forum to enhance communication, or simply making an effort to come to work with a positive attitude. Once the sentences are written, ask the small group to combine them into one statement that focuses on the future well being of their organization. Read each set of linked sentences out loud to the group.

Up To Bat Brainstorm

Materials Needed: Poster Board or Dry Erase Board and appropriate markers.

Length: 10 Minutes

Come up with a list of ideas you can incorporate into your organization to make it more fun. These ideas can be business-like or playful. Examples include: celebrating birthdays, celebrating employment anniversaries, a morning email joke, etc. It doesn't matter! This exercise really attempts to get participants thinking and excited about all the possibilities they can bring to their workplace to make it more enjoyable.

Once the list is compiled, encourage the participants to bring the new ideas back to their departments and even try the ones that are most interesting and appealing.

Puzzle Pieces

(Note: This activity requires preparation before the training session. The trainer needs to draw and cut out a complete, blank puzzle. There should be enough puzzle pieces to hand out to each participant.)

Materials Needed: A large piece of cardboard or poster board. A large, flat surface such as a tile floor, table, or desk.

Length: 15-20 Minutes

Hand out the blank puzzle pieces to the group (one per participant). Ask the participants to write their personal vision, motto, or favorite quote on their puzzle piece. Once they have completed this, direct them to put the puzzle together and discuss each piece. This activity serves to strengthen group cohesiveness and team building.



Name: Mike Veeck
 Title: Saint Paul Saints Co-owner and President
 With The Saints Since: 1993
 Responsibilities: You Name It! Mike helped found the Saints and is instrumental in their incredible success!
 Little Known Fact: Mike co-owns a few other baseball teams, too. He brings his FUN everywhere he goes.
 From the Film: Mike Says: "We represent something that isn't in large supply in our country. We're a minor league team that knows its place. We're not really very important in the overall food chain except that laughter is the most wonderful commodity and it's probably the greatest shortage in our country."

Making It Fun

Mike Veeck has been with the Saints since the beginning. Despite the doubters who said the team would never make it, he has turned it into one of the premier attractions in the area. With the open lines of communication and fun environment he naturally creates because of his genuine enthusiasm, Mike passes the **Fun Is Good** mentality on to all Saints employees.



Name: Dave Wright
 Title: Saint Paul Saints Director of Public Relations/Internet
 With The Saints Since: Dave was the very first Saint Paul Saints employee.
 Responsibilities: Working with the media and getting the Saints great publicity.
 Little Known Fact: Dave calls his department the "toys and games" department. He doesn't even consider working late "overtime;" it's just part of the job.
 From the Film: Dave Says: "You have to really have a positive attitude, just like a good actor or a good ball player has to come to the game everyday thinking that they're gonna knock 'em dead. I need to do it too and we really need to do it in our workplace."

Making It Fun

Dave finds **Fun Is Good** through the positive attitude he brings to work everyday. He feels that a positive attitude can increase productivity and make the workplace more enjoyable. He also has the ability to find the balance to allow him to do his job without letting it get too tense.

Questions On Teamwork

1. Question:

Do you think having fun during the workday creates a more open and effective team? Why or why not?

2. Question:

In a team, one negative outlook can hinder the entire group's morale. Have you ever been in this situation? What can you do about it? How can a person with a bad attitude turn it into a positive or neutral attitude?

3. Question:

Oftentimes, the most successful and productive teams are those that work well together. In your opinion, what are the most important building blocks for developing a cohesive team?

4. Question:

Fun Is Good endorses the merits of surprising others and doing something a little extra for the people around you. How can you do this for your coworkers and teammates?

Ongoing Fun Ideas

What follows is a list of ideas you may be able to utilize in your organization or department. Keep in mind: these are merely suggestions. Consider this list a starting point – continue to think of new ideas or change these to better suit your needs.

Annual Event

Form an “annual event” committee and design an event you can look forward to every year. A picnic, holiday party, comedy show, or sporting event are just a few examples.

Awards

Create a rotating award within your team. The awards can either be funny or serious. Once a month, re-award a team member.

Bubbles

Blow bubbles when something exciting happens: like a big sale or project completion. Or just for fun!

Brown Bag Lunch

Organize a brown bag lunch to discuss a hot topic in your industry or watch a popular TV show with coworkers.

Color

Bring a coloring book and crayons to work. When it gets tense or you just need a break, take the time to color in a page.

Cook Off

Organize a chili cook off, bbq competition, bake off, etc. amongst your colleagues. Encourage everyone to participate!

Contest

Participate in or host a contest. Prizes such as candy, money, lunch, movie tickets, and gift certificates are always fun

Decorate

Decorate for the holidays or the seasons.

Family Day

Invite your spouses, children, and parents over for lunch or an after work get together.

Games

Host a Boggle, Scrabble, or Jenga competition. Or, just set the games up and play for fun.

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