



PAUL OSINCUP

Bios to use for marketing your event, introducing me, or looking for my grammar mistakes (thanks mom) ☺

The “Too Short” Bio - just like me (10 words)

Paul Osincup helps create happier, healthier, and more connected workplaces.

The “We Need to Fit This in the Conference Booklet” Bio (142 words)

Paul Osincup is a Humor Strategist & International Speaker who helps organizations create happier, healthier, and more connected places to work. A conflict resolution specialist, former university administrator, and comedian, Paul’s global mission for workplace happiness has provided him the opportunity to work with thousands of individuals and hundreds of companies. Paul’s TEDx Talk, “Leading with Laughter: The Power of Humor in Leadership” has been viewed nearly a quarter of million times, which he says sounds cooler than 250,000. Paul’s work has been highlighted on SiriusXM Radio, Forbes Magazine, and on his mom’s refrigerator. He is a content creator for Happify, an app that provides evidence-based solutions for emotional health and well-being and he is also President of the Association for Applied and Therapeutic Humor, an international organization dedicated to study and application of humor to enhance health and human performance.

The “We Need to Stretch for Time” Bio (310 words)

Paul Osincup is a Humor Strategist & International Speaker who helps organizations from all over the world create happier, healthier, and more connected places to work. Paul’s global mission for workplace happiness has provided him the opportunity to work with thousands of individuals and hundreds of companies from Nasdaq and Kaiser Permanente to government agencies and police departments. With a background in higher education leadership and administration, in his previous roles Paul addressed high-risk behaviors and potential threats to college campuses. As a Director of Conflict Resolution and Associate Dean of Students, he investigated and adjudicated sexual assaults and domestic violence incidents, worked with students with severe drug, alcohol, and mental health issues, and taught graduate courses on communication and leadership. Paul was featured in The Chronicle of Higher Education for his work in restorative justice, served as a consultant to the U.S. Department of Higher Education Center for Alcohol, Drug, and Violence Prevention, and still delivers school violence prevention consultation across the country on behalf of several non-profit agencies.

Despite the serious nature of his work, Paul has also been a “Jack of all Jokes” since grade school. After building a career in comedy—and even winning a stand-up comedy contest in Denver—Paul became interested in the use of humor to influence, lead, decrease stress, and boost resilience. Paul’s TEDx Talk, “Leading with Laughter: The Power of Humor in Leadership” has been viewed nearly a quarter of million times, which he says sounds cooler than 250,000. Paul’s work has been highlighted on SiriusXM Radio, Forbes Magazine, and on his mom’s refrigerator and he’s a content creator for Happify, an app that provides evidence-based solutions for emotional health and well-being. Paul is also the President of the Association for Applied and Therapeutic Humor, an international organization dedicated to study and application of humor to enhance health and human performance.