

The Comedy-Code™ Team Experience

Dunkirk CSD Administrative Retreat

Tuesday, July 21, 2026

9 am – 2 pm

9 am – 9:15 am:

Lobby

Arrival and light continental breakfast - then smile for the camera as you create your custom Laugh Band™ and Humor Profile™ - Look up! YOU are on the welcome screen!

9:15 am – 10 am:

Theater - WELCOME TO THE NATIONAL COMEDY CENTER!

Your experience begins with a cheerful welcome and keynote, introducing your team to the National Comedy Center and the teambuilding adventure you'll soon experience here. We'll share the day's goals, instructions, agenda, and guidebook and place you into a smaller cast of characters from your favorite TV sitcom.

10 am – Noon:

National Comedy Center Exhibits

It's about time we explore this incredible place! Together with your sitcom team, embark on a Comedy Quest to crack the Comedy-Code. Discover iconic comedy treasures & legendary wisdom through 50 immersive exhibits. What's the Holy Grail of comedy for you?

Noon pm – 12:30 pm:

Be the Performer Exhibits

Now that you've seen how comedy's legends do it, try it yourself! Grab a comedy prop, stand up, or sit on a stool, and Be A Performer! As coworkers perform 'Comedy Karaoke™, Laugh Battle™, or Act the Part™, the audience will cheer them on! It's a hoot! Group photos included!

12:30 - 1 pm:

Comedy Karaoke

Hungry? Let's eat! The full group will gather together for lunch. Sit where, and with whom, you'd like. Catch up with co-workers, enjoy some leisure time, or explore the Comedy Shop and its hilarious gifts. Enjoy 10% off today only!

1 pm – 1:45 pm:

Comedy Karaoke

After a day full of fun and exploration, it's time to get down to business and crack the Comedy-Code! Gather with your sitcom team. Prepare and present your Comedy Quest discoveries and lessons learned to help everyone unlock the code. Tell us how its combination of Laugh, Learn, Love will be applied in your workplace to deliver outstanding performance to your cast and audience.

1:45 pm – 2 pm:

Closing Remarks / Group Photo/ Program Ends

2 pm – 5 pm:

Explore On Your Own

Stay or return; your admission Laugh Band is good all day until 5 pm close

Let's get started:

- Find your team! Gather the 2-3 others who share your same colored lanyard. Select your favorite sitcom (or use the one in your kit.) Decide which characters from your chosen sitcom each of you will be.
- Using the markers in your kit, write your CHARACTER'S NAME **ON BOTH SIDES** of the white card in your kit - attach it to your lanyard.
- Your mission today is to Crack the Comedy-Code as you embark on a Comedy Quest to explore the National Comedy Center
- Please note the numbers on the map below are a guide – *you won't find numbers on the exhibits.*
- As you explore, you don't have to follow in numerical order. If an exhibit is busy, move to another and circle back. *(There are 50 exhibits and you may not have time to see them all. Use the map to select your favorites.)*



Instructions:

Together with your sitcom team, **CRACK THE COMEDY-CODE!**

- (1) Experience **LAUGH** • **LEARN** • **LOVE** as you explore the National Comedy Center with your sitcom team.
- (2) Note your favorite examples so you can share them with your full team at the end the day:
 - What made you **LAUGH**? What does laughter do for you?
 - What made you **LEARN**? How can you apply it to your profession?
 - What made you **LOVE**? Does a greater love for your craft, your cast of coworkers, and your audience and community matter? How so?
- (3) Find/do everything listed in the Quest on page 4 and you may win a prize. *What iconic comedy artifact is the Holy Grail of Comedy for you?*
- (4) **STAND UP!** At the end of our time together, do what the comedy legends do – STAND UP! Share examples of how you cracked **The COMEDY-CODE**. Tell us what made you laugh, learn, and love and how you can live and lead the Comedy-Code for your audience.

The story of comedy is a story of:

- Leadership
- Innovation
- Collaboration & Teamwork
- Creativity
- Effective Communication
- Outstanding Organizational Skills
- Mentoring and Developing Others
- Growth Mindsets
- Flexibility
- Perseverance
- And more....

Can you find and share examples?

QUESTION:

Why did you
choose the sitcom
characters you did?

How do they fuel
LAUGH,
LEARN,
LOVE?

CRACK THE COMEDY-CODE WITH A QUEST FOR THESE TREASURES:

- ☐ **Find:** The ORIGINAL Tonight Show Curtain
- ☐ **Find:** Jerry Seinfeld's Puffy Shirt - "But I don't wanna be a pirate!" (*Can you say it like he did?*)
- ☐ **Do:** Take a photo of a first timer on the 'Prank Bench'
- ☐ **Find:** Will Ferrell's 'Ron Burgundy' maroon suit
- ☐ **Smile:** At Ham It Up, contort your face to look like that of your favorite comedian. Take a photo of it!
- ☐ **Find:** Joan Rivers filing cabinet – how many jokes does it contain?
- ☐ **Find:** Your favorite iconic comedy artifact? Be prepared to share!
- ☐ **Do:** Take a photo of your sitcom team at a favorite exhibit
- ☐ **Find:** An example of love and lifelong friendship in the Carl Reiner Exhibit
- ☐ **Do:** Take a deeper dive at an exhibit of your choice (some great options are: The Johnny Carson Experience, The Movie House, The TV Room, or The Blue Room)
- ☐ **Do:** Swipe your Laugh Band for your own personal joke at 'Joke to Go' – share it with someone at the end of the day.
- ☐ **Do:** Visit the Comedy Shop (Gift Shop) and fill in the blank..."Wow! I didn't know the Comedy Shop had

_____."

Check them all off and you may win a prize!

*We use the 'Scouts Honor' – if you say you completed them all, we believe you.
No need to turn anything in. Be prepared to give your answers at day's end.*

*Text photos from your Comedy Quest to your facilitator, Cindy.
They may be used in a poster that will be given to your organization.*

Text to: 716.969.6016

Thank you for experiencing **THE COMEDY-CODE™**

Presented by Cindy Aronson Training

At the end of your experience, we'll ask you to complete this printed form. Results will be summarized and sent to your organization's event coordinator. Thank you!

We believe that laughter + learning = love. When workplace professionals laugh and learn together, they strengthen their love for what they do together; a greater love for their craft, cast of coworkers, and the collective audience they all serve.

That's the power of The Comedy-Code.

Did you crack The Comedy-Code & experience its power of Laugh + Learn = Love?

Check one:

☐

YES Share words to describe your day:

☐

No Please explain:

LAUGH: What made you smile, laugh, and enjoy today's experience most?

LEARN: What lessons did legendary comedy & its artists teach you today?

LOVE: Think about your own career or position, your cast of colleagues, and the collective audience you serve. Did today's experience fuel a greater love for any or all of them? How so?

CLOSING WORDS: Help us make this an exceptional teambuilding experience. Is there anything we should **START, STOP, or CONTINUE?** *(Use back if needed.)* If you enjoyed today, please spread the word to other workplaces and organizations, so they too can benefit from the power of comedy and this wonderful attraction.

If you'd like to be quoted, please include your name here.

The Comedy-Code is presented by Cindy Aronson Training at the National Comedy Center.

About your guide and facilitator:

Cindy is passionate about igniting the power of people and has dedicated her 40+ year career to fueling the development, growth, & well-being of workplace professionals. She's made it her mission to help others love their career and profession as much as she loves hers.

She has had the honor and privilege of being a partner in talent development with outstanding schools, colleges and universities, businesses and organizations, and thousands of talented professionals through a variety of roles, including owner/principal of Cindy Aronson Training, Director of Dream It Do It WNY (Chautauqua), and Director of Apprenticeships for the Manufacturers Association of the Southern Tier (MAST) and the Buffalo Niagara Manufacturing Alliance (BNMA) .

Cindy has held membership in the National Speakers Association and the Association for Talent Development and currently serves on the boards of the National Comedy Center, Northwest Arena, and the Chautauqua County Education Coalition.

As a founding member of the National Comedy Center's board of directors, she has taken a 15-year deep-dive into comedy of all kinds. She's been inspired and moved by behind-the-scenes stories of teamwork, leadership, and a relentless commitment to excellence that led to the legendary comedy we all know and love. She's discovered that comedy's greatest artists live by a code that professionals in every field can apply and benefit from. She coined it *The Comedy-Code™*. And she helps workplace professionals learn, live and lead by it.

Discover more at: Comedy-Code.com