

THE HEALTHFUL EFFECTS

# Laughing Matters!

OF LAUGHTER & PLAY

## AN INSPIRATIONAL KEYNOTE AND MOTIVATIONAL WORKSHOP

**IDEAL FOR:** Conferences • The dreaded AGM • Professional development • Reward & recognition • Staff appreciation • Holiday celebrations • Care for the caregiver •

### SYMPTOMS

#### Are You Failing The Laugh Test?

- Are you experiencing high stress, low energy and a lack of creativity?
- Are you surrounded by unmotivated and Very Serious workmates?
- Are you reluctant to leap out of bed and get to work every day?

### RESULTS

- Stronger team
- Engaged employees
- Heightened productivity
- More fun of course!

### CURE

Learning about the value of playfulness in the workplace and experiencing it first hand.

**Carol Ann Fried** works with delegates, executives, managers, teams or entire organizations to teach the value of the *Four Principles of Wellness* on the job.

This energizing yet practical presentation focuses on having MORE FUN as opposed to having LESS STRESS.



**Carol Ann Fried** is passionate and committed to bringing playfulness and laughter into the workplace. Best known for helping people discover their JoySpot™, she is a master trainer and sought-after keynote speaker.



with Carol Ann Fried

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