



## LAUGHTER IS THE SHORTEST DISTANCE BETWEEN 2 PEOPLE, AND LOTS OF FUN AND A POWERFUL ENERGISER

**Make your next workplace or corporate event effective, memorable and enjoyable with a facilitated laughter session with Cris Popp.**

"Laughter is the best medicine" not just for people but for workplaces – it cuts through stress, reduces conflict and energises like few other activities. A customised laughter session delivered by Australia's premier laughter leaders, Laughter Works, will help you and your message shine.

### What is a laughter session?

Based on the worldwide phenomenon of laughter clubs it is a series of 'laughs' interspersed with relaxation and a few facts on laughter. They boost work performance and can be customised to your event or message.

**" In a group of people I hardly knew - all of a sudden we had bonded by laughing together. With Cris' guidance we had cleared our heads and decreased our social and mental barriers. We were ready to tackle the problems over which we had gathered"**

– Gillian Hughes, Occupational Therapist.

### Laughter builds moral and teams like nothing else:

- fantastic ice-breaker, people connect quickly
- customisable to your event – can include a message or just be fun
- energises, motivates and sets an upbeat tone
- no jokes, no scapegoats – culturally safe & non-offensive
- all sized groups – from one to 5,000
- no special equipment or props
- suitable for all ages & senses of humour
- topical, memorable and enjoyable

### What settings do they suit?

- wellbeing programs
- conferences, seminars and expos
- breakfast, lunches and dinners

**" It was an inspirational and thought provoking session which provided plenty of information and interactive learning ... Cris is a fun and engaging presenter who shares his knowledge genuinely and passionately with his audience. Lots of positive comments and smiling faces confirmed that it was worthwhile."**

– Kate Messenger, DIIRD

**" High morale in workplaces leads to decreased stress levels and illness related time off, as well as stimulating productivity"**

– Australian Psychological Society

**" Fun workplaces tend to enhance learning, productivity and creativity, and reduce ... employee burnout [and] high absenteeism"**

– Business Council of Australia [1]

**" Employers who actively sustain a positive environment could experience up to 25% improvements in efficiency and customer satisfaction"**

– Journal of Applied Psychology.





## Formats

Every event is different and customisable:

- short breaks (5-10") throughout your conference.
- 30 minute block after lunch or first thing in the morning.
- combined in a 60 to 90 minute talk about a business issue such as change, stress-management, wellbeing, innovation or your burning issue.

## Some personal reasons to laugh ...

- stimulate your mind and get creativity flowing.
- relieve stress and deal with pressure.
- produces endorphins, which reduce pain and induce pleasure.
- strengthens the immune system.
- reduces blood pressure.
- oxygenates the blood and gives your lungs a tremendous workout.
- weight loss.



**“ It was great to have you run this morning’s session and see everyone participate and enjoy themselves. It was a fitting event for our last Technology Breakfast - thanks for making it beneficial and fun! Many people were talking about the session throughout the morning in the office. One of our consultants who attended this morning mentioned the session in passing to an HR representative and I have passed your details onto them. I will also forward this email to HR and let friends and contacts know about today’s session.”**

– Lynda Hawes, Deloitte Touche Tohmatsu



## Your laughter leader Cris Popp

Cris started laughing (really) for very personal reasons – but once he experienced the benefits he wanted to share them with others. He trained with the founder of the world laughter movement, Madan Kataria, and combines his practice with extensive corporate experience and years of facilitation to tailor sessions to your particular environment and requirements. For more stories and tips read Cris’ blog.

He also has a ‘serious’ job, teaching leadership skills and consulting in change management, innovation, resilience and decision-making. His other keynote talks include “Happy Hour is 9 to 5”, “The Resilience Compass” and “Effective Change”.

His many happy corporate clients including Coca Cola, State Government of Victoria, Deloitte, ACT, GIA & Honda will attest to his professionalism and ability to create lasting change, improve workplaces and lift productivity.

## Bookings and Information:

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