

How Can You Make Your Next Event a Stand Out Success?

And Keep Your Clients Coming Back For More?

Laughter: Brings People Together, Energises, Enjoyed by Everyone.

Have you ever been to an event that just had a buzz? Where people were really enjoying themselves AND engaged? It's a challenge.

Cris Popp, Australia's Premier Laughter Leader, can deliver a customised Laughter Session at your next event that is guaranteed to have your participants excited, engaged and enlivened, and your clients back for more.

Laughter Sessions are suitable in all kinds of settings – conferences, seminars, dinners and social functions.

What Is A Laughter Session?

A Laughter Session consists of a series of actions carried out with laughter. The whole session usually takes 30 to 50 minutes including 20 – 30 minutes of laughing (for no reasons) and a great warm-up talk to get everyone involved. Sessions can be customised as a number of 5 minute breaks between speakers or a 90 minute talk about wellbeing and laughter.

Laughter Yoga (also called laughter clubs or Hasrya Yoga) was originally started in Mumbai, India, in 1996, by Dr Madan Kataria. Our Chief Laughter Officer, Cris Popp, trained with Dr Kataria and then developed the concept for corporate workplaces. Using his extensive experience in executive training, positive psychology and Neuro Linguistic Programming

“ Just thought I would say on behalf of NatRoad what a wonderful session yours was. It was great to see so many people get involved and have fun.

You're a hit in the NatRoad office! We now use all the laughs everyday and we can stop! So thanks a bunch and look forward to keeping in touch!”

Cate Patrick, NatRoad Limited

(NLP), Cris has developed Laughter Sessions for workplaces and conferences that have been delivered nation-wide and widely acclaimed. His sessions have been reported on the Channel 10 and ABC news, on radio and in Business Review Weekly, Anthill and the Financial Review. He has appeared at the Hargraves Innovation Conference, Sustainability Conference and to the 2,500 people at the Happiness and Its Causes Conference.

Laughter Session Benefits

“Laughter is the best medicine” not just for people but for workplaces & conferences – a customised laughter session delivered by Australia's premier laughter leaders, Laughter Works, will help you and your message shine.

A laughter session will:

- Energise the crowd
- Help participants to connect
- Break the ice
- Set an upbeat tone
- Lift everyone's mood
- Bring every one together
- Be topical, memorable & enjoyable
- Keep proceedings moving along

Other benefits to YOU:

- Customisable. It's very easy to tailor laughter to include your message – or just be fun!
- Inclusive. Suitable to all ages, personalities & senses of humour.
- Reliable. I have a proven track record and references.
- Safe. It doesn't rely on jokes, humour or special skills.

Best of all it's FUN. It makes people feel good and that rubs off on your event.



It's Perfect For That Mid-Afternoon Lull.

You know the lull – it happens about 45 minutes after lunch, just as your food is being digested. All those carbohydrates hitting your bloodstream, and the speaker's voice is making such a pleasant backdrop. If I could just rest my eyes for a minute ... zzzzzzzzzzz.

WHOA! I'm getting sleepy just thinking about it. What if there's some activity that lifts energy without taking too long? What if there's a quick and effective way to boost energy - that everyone enjoys?

Laughter is just that. That's right: ha ha ha, ho ho ho, hee hee hee. Very effective.

Just picture everyone enjoying a half-hour of laughter. Imagine how energised and stimulated they feel afterwards. Laughter stimulates your endorphins, elevates your mood, reduces your blood pressure, boosts your immune system, relieves fear, boredom and anger and helps you relax. It even aids in losing weight. True! It makes people feel good and that rubs off on you. When they feel good about themselves they feel good about your event.



Some of our satisfied clients include:



It's A Fantastic Ice-Breaker First Thing In The Morning.

You see it all the time. First thing in the morning, the audience is still waking up. The energy is low. Perhaps a bit of nervous anticipation. People don't know each other and when the speaker tries to get some audience participation they just sit there with their arms crossed. Or start looking at their shoes. There's a deathly silence.

- I'm feeling nervous just thinking about it.
- Who would want to be the first to speak up?
- They all will once they've had a good warm-up laugh.

Can you think of any other way to introduce so many people all at once? After all you don't have all day. Just picture it - they all quietly take their seats but then within minutes they're back up on their feet and I have them laughing WITH each other. Great way to bond.

“ 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 for 2007 - 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 H, Manager Consulting Deloitte Touche Tohmatsu

Want to Know More?

Visit our site, or call or email:

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Nothing brings people together like laughter. It energises, uplifts, refreshes and makes people feel good. It's also topical and fail-safe in our expert hands. We can guarantee that a laughter session will help make your next event memorable and successful. Participants will love it and talk about it – laugh about it – for months to come. We guarantee it.

Yours Laughingly, Cris Popp

“ You look after the event and I'll look after the audience”.

Australia's Premier Laughter Leader and Speaker on the Power of Positive Performance