

Laughter Works Australia

Laughter, Juggling and Motivational Workshops

WORKSHOP OUTLINE

Created and Presented by
Bronwen Williams

Let's laugh more and live longer!

Laughter is DIRECTLY related to our health but as a Nation we laugh less and less the older we get. Stress and tension are literally KILLING us! So let's take some time out and turn things around a little and have a few stress relieving belly laughs!!! It's time to recreate our thoughts and beliefs about laughter and discover new ways to relax and have fun.

Laughter is the body's natural way of ridding us of stress and anxiety, but we are so busy being 'mature', 'respectable' and 'controlled' that we don't allow ourselves to laugh and play, and so we don't get the necessary degree of laughing that our body's need for health reasons. We are all now dealing with the consequences.

The Australian Government spent over \$20,000,000 just in the public sector last year on 'AVOIDABLE' sick leave, and as private citizens we are all paying for it through our taxes.

***Your day will include theory, interactive exercises,
plus lots of laughter and play!***

We will focus on:

- ✓ Laughter in society; expectations
- ✓ Looking at laughter in **your** life
- ✓ Where all the laughter went
- ✓ How to create more laughter in our lives
- ✓ Health benefits from laughing (endorphins, the immune system)
- ✓ Releasing our playful inner selves
- ✓ Strategies for stress management
- ✓ Juggling (left/right brain), creativity
- ✓ Breathing and laughter
- ✓ Laughter, motivation and productivity



You will be introduced to ideas that are simplistic and easily applied to every aspect of your life.

You will gain a better understanding of your self.

You will begin to see life with a new perspective.

These workshops are jam packed with fun, knowledge and strategies to positively improve your quality of life.

As a result you will be inspired to develop a better relationship with yourself, your family, your friends and your workmates.

You will receive a manual of the whole day's activities, which you will work through on the day and then use in the future to serve to remind and inspire you.



Workshop Overview

Our laughter workshops will empower you with the skills and the desire to create a happier and healthier life.

These workshops are challenging, stimulating, motivating, fun and interactive.

Your new laughter/play skills will give you the confidence you need at the conclusion of the workshop to transform your life.

You will reflect on your beliefs and how your attitude and thoughts create your life and whether they are positive or negative.

All you need is the willingness to be happy and to team that up with your new ability to powerfully recreate your life.

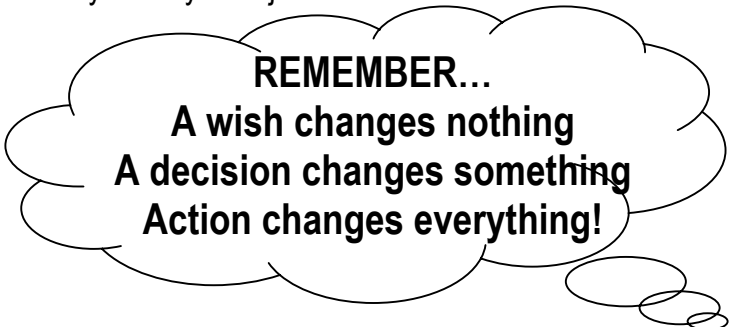
Laughter Works interactive workshops can be devised to meet your schedules and fit into your established sessions. We come into YOUR working environments, special in-house seminars or conferences.

On behalf of Laughter Works Australia, let me warmly invite you to join us!

Yours sincerely



Bronwen Williams



REMEMBER...
A wish changes nothing
A decision changes something
Action changes everything!

INVESTMENT:

1½ Hour Workshop:

\$45 pp + \$7.50 (juggling sacs) + GST (Min. 15 participants)
\$35 pp + \$7.50 (juggling sacs) + GST (50+ participants)
\$25 pp + \$7.50 (juggling sacs) + GST (100+ participants)

Half Day Workshop (3 hours):

\$70 pp + \$7.50 (juggling sacs) + GST (Min. 15 participants)
\$55 pp + \$7.50 (juggling sacs) + GST (50+ participants)
425 pp + \$7.50 (juggling sacs) + GST (100+ participants)

Day Workshop (6 hours):

\$100 pp + \$7.50 (juggling sacs) + GST
(Minimum 10, maximum 25 participants)

50% deposit to be paid at time of booking – Balance to be paid on the day.
Cancellation fee applies.

LAUGHTER WORKS AUSTRALIA



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