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Business Community

YOUR STREET NOT WALL STREET

Tolerance tickled out

By **SHELLEY WILLIS**



NOT many people get paid to laugh. Fremantle resident Bronwen Williams who runs her own business, Laughter Works Australia, is an exception.

Bronwen takes her infectious laughter to groups in corporate, education and health sectors as part of motivational laughter workshops.

The idea is to help people connect as a group by breaking down barriers and to create happier, more harmonious working environments.

“When people play and laugh together they are more tolerant and less judgmental,” Bronwen said. “They feel part of something.”

“When people laugh together they feel like a group and they reconnect and feel accepted.”

Bronwen will go to any length to get people laughing – she has a range of silly laughs, outrageous costumes and juggling balls in her box of tricks – but mainly she gets people to laugh at themselves through interactive games.

She said this could remove the sense of division between various levels of workers.

“You can have a situation where there is a secretary, a state manager, three phone managers, three cleaners, maybe 30 people in the business all with different jobs,” she said.

“It breaks down barriers between them as they see they are all human beings who just want to be valued and be happy.”

Bronwen said it was in employers’ interest to have happy workplaces as people were more productive when they were happy.

They also took fewer sick days.

“Laughter is also important for fighting illness and depression as it boosts the immune system and causes the brain to release endorphins,” she said.

Bronwen often works with cancer patients and people with depression as part of Fremantle Laughter Club, a non-profit group connected to Laugh WA.

There are 2500 Laughter Clubs in the world. Inquiries to Bronwen on 0404 236 378.

Bronwen Williams, of Laughter Works Australia. *Picture: Martin Kennealey*