



Laughter Works Australia

Welcome and Hello,

A quick question... when was the last time you and your group had a genuine, uncontrollable, tummy splitting, jaw aching belly laugh ... cant remember? ... oh dear that really is a shame.

It seems we are just so busy with all the 'important' serious stuff in our lives, there never seems enough time for fun. The result is that we become stressed, anxious and burnt out. Many of our relationships suffer and we can often feel isolated. *Stress and burnout are costing this country a fortune.

This does not make for a relaxed environment. A happy and relaxed environment stimulates creativity and productivity, improves interpersonal relationships and strengthens everyone's sense of well-being.

So, it's time to put some funny stickers on the phone and faxes! Perhaps we could have a 'funny tie/scarf or hat day at the office? Another great idea is to put up a notice board and get everyone to contribute on a weekly basis by adding either funny or positive photos or stories, and while we are at it, how about we stick some funny things on to our computers, they are so boring!

Maybe we could even be really adventurous and have a regular 'Laughter Session' in the lunch break on a monthly basis - the perfect way to loosen everyone up when they are feeling a bit jaded from overwork, and an excellent way for the boss to show appreciation for the great input of their employees!



Bronwen Williams - Joyologist!

At Laughter Works Australia we have trained facilitators eagerly waiting to come and get you giggling, happy and relaxed with light hearted and joy-full abandonment!

We run Laughter & Juggling workshops which are prepared to suit YOUR specific individual requirements.

**These workshops are particularly suitable for prof dev days and weekend conferences.

For more information see our website,;
www.laughterworksaustralia.com
or call me now on 0404 236 378
email: laughterworks@gmail.com

Yours in happy laughter,
Bronwen Williams
Laughter Works Australia

PS remember: we who play together,
stay together!

