

How Can You Make Your Next Event Really Stand Out And Keep Your Clients Coming Back for More?

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

Cris Popp, Australia's Foremost 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.

"I loved it!! Thank goodness they had a sound proof room for us. I asked Stewart in Sydney today if he was still laughing and he told me "especially when I try to explain to someone what we did"". - Gail F, IAG

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

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 ... ZZZZZZ ZZZZZZ ZZZZZ.

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 simulates 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. It makes people feel good and that rubs off on you. When they feel good about themselves they feel good about your event.

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.

"Suddenly, in a group of people I hardly knew, we bonded by laughing together. With Cris' guidance we cleared out our heads and decreased the barriers. We were ready to tackle the issues over which we had gathered"
– Gillian H. Occupational Therapist.

What Is A Laughter Session?

Laughter sessions are based on laughter clubs (also called laughter yoga or Hasrya Yoga). They started in Mumbai, India, in 1996 and have now spread all over the world. They were a feature in Federation Square at the 2004 Melbourne International Arts Festival and have been used in organisations like Coles Myer, GM, SuperBest and FourSystems (Danish IT company). They've been featured on all the major TV stations on programs as diverse as Foreign Correspondent, Saturday Arts and Good Morning Australia.

A laughter sessions consists of a series of actions and movements carried out with laughter. A session usually takes about 30 minutes and includes a few facts about the benefits of laughter. Sessions can customised as a 5 minute break between speakers or a 90 minute talk about wellbeing and laughter. It can be done seated but standing is preferable.

A laughter session will:

- Energise the crowd
- Break the ice
- Lift everyone's mood
- Bring every one together
- Keep proceedings moving along

The other benefits to you are that it's:

- Customisable. It's very easy to tailor laughter to whatever your theme is.
- Inclusive. Suitable to all ages and personalities.
- 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 onto your event.

Here's what some clients had to say ...

"Brilliant workshop that assisted with self-care"

"Haven't laughed so much for ages"

"Felt great and would highly recommend it"

"Great way of releasing stress"

"Good way to get to know and connect with people"

"Hilarious"

"Laughing like that made me feel 'up' all day"

Participants at workshop coordinated by Eastern Health, Nov 2004.

My clients last year included:

- Comcare
- IAG
- ANZ Bank
- Tulla-Calder Interchange Alliance
- Defence Department

- Box Hill Tafe
- ACE(Vic)
- Department of Health and Ageing (DOHA - Tasmania)
- Australia, New Zealand, Japan Chamber of Commerce (Tokyo)
- the Aged Services Conference
- the Gawler Foundation
- Honda
- Novartis
- Lonely Planet
- and others

I also do a range of great talks - ask about "Happy Hour is 9 to 5"

WANT TO KNOW MORE?

A printable brochure is attached for your convenience or visit my site, call or email me.

w: www.laughterclubs.com.au

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o: 03 9481 0386

e: info@laughterclubs.com.au

I am happy to provide a free demonstration if you are still uncertain (it's best with 5 or more participants). I will call within the next couple of days to arrange a face-to-face appointment so that you can get a better idea of how laughter sessions can benefit your business and your events.

Remember: *"Laughter is the shortest distance between two people" - Thomas Borge*

Yours Laughingly

Cris Popp

"You look after the event and I'll look after the audience".

Australia's Premier Laughter Leader and Speaker on Achieving Greater Productivity through Increasing Workplace Happiness