



# LOOKING FOR SOMETHING SPECIAL FOR YOUR NEXT EVENT OR CONFERENCE?

Then hold a Laughter Session with Cris Popp

“Laughter is the shortest distance between two people”  
-Thomas Borges

## Why have a laughter session at your next event?

- fantastic ice breaker
- great energiser
- customisable
- topical

Laughter is one of the most basic of all human emotions. It cuts across age, gender, cultural and racial divides.

## What is a laughter session?

Based on the worldwide phenomenon of laughter clubs it is a series of ‘laughs’ interspersed with relaxation and a few facts on laughter.

- does not rely on shared sense of humour
- guaranteed not to offend
- suitable for all ages and personalities

## What settings do they suit?

- conferences, seminars and expos
- after lunch energiser
- first thing in the morning
- social functions & parties
- corporate events
- dinners and other occasions

I also give presentations and talks. Ask about **“Happy Hour is 9 to 5”** or request a free talk outline.

*“We would have no hesitation in recommending Cris”*  
– Stefan Schutt, Victoria University

## Formats

Every event is different. Laughter sessions can be customised:

- short sessions (5-10”) throughout a conference
- 30 minute block after lunch or first thing in the morning
- combined in a 60 to 90 minute talk about stress-management, happiness, innovation or change

*“I really appreciate the time and effort you took to come along and take that session. I can't express how delighted I was to see some of those "actuaries" actually letting go and enjoying themselves. It was such a great opportunity for our group to step outside their comfort zone and get to know each other at a more personal level.”*  
- G Field, IAG

## Some recent clients

- Insurance Australia Group (IAG)
- Aged Services Conference
- Defence Department
- DOHA
- Australia-Japan Chamber of Commerce
- Honda
- Lonely Planet



## Why use Cris Popp?

- Australia's leading Corporate Laughter Leader
- proven track record
- experienced facilitator - I can MC your whole day or just run a laughter session
- competitive rates

I am also a leading trainer and consultant helping organisations to become more innovative, productive and stress-free. Visit [www.workplacewellbeing.com.au](http://www.workplacewellbeing.com.au) for more information.

## Bookings and information

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