



Laughter is the best medicine –
and a customised laughter session with Cris Popp is the best way to enjoy it.

“Against the Assault of Laughter, Nothing Stands”
– Mark Twain.

“High morale in workplaces leads to decreased stress levels and illness-related time off, as well as stimulating productivity”
– Australian Psychological Society.

Make your next corporate event effective, memorable and enjoyable with a facilitated laughter session with Cris Popp

Since it began in India in 1995 the laughter movement has spread to more than 3,000 clubs worldwide. In Australia alone there are 5,000 practitioners. It was a major event during the 2004 Melbourne International festival.

Hearty, roaring, silent and humming laughter, giggling, chuckling and smiling – who would say no to more laughter in their lives? The health benefits are undisputed and universal. A customised laughter session is the best way to enjoy “the medicine of laughter”.

“Employers who actively sustain a positive environment could experience up to 25% improvements in efficiency and customer satisfaction”
— Journal of Applied Psychology.

“In a group of people I hardly knew - all of a sudden we had bonded by laughing together. With Cris’ guidance we had cleared our heads and decreased our social and mental barriers. We were ready to tackle the problems over which we had gathered”

— Gillian H. Occupational Therapist.

Why have a corporate laughter session?

1. It’s a fantastic ice-breaker and helps people connect really quickly
2. Customisable to your event - can include a message or just be fun
3. Energises and motivates participants and sets an upbeat tone
4. There are no jokes and no scapegoats – it is safe and non-offensive
5. It can be used for all size groups – from 1 person upwards – and any length of meeting from one hour to several days
6. It’s suitable in many settings:
 - breakfasts, lunches, dinners and social functions
 - strategic meetings and planning sessions
 - corporate or personal events
 - as an after-lunch energiser
 - team-building
 - out in the open, or in halls or formal settings
7. There’s no need for any special equipment, clothing or set-up time
8. Suitable for all ages, sizes, degrees of health and senses of humour (no frown too deep, no depression too dark!)
9. It’s topical and everyone enjoys participating

And some personal reasons to laugh ...

1. Stimulates the mind and gets the creative juices flowing
2. Relieves stress and helps you cope with daily pressures
3. Produces endorphins, which reduce pain and induce pleasure.
4. Reduces blood pressure
5. Strengthens the immune system and heals the body
6. Oxygenates the blood and gives your respiratory system a tremendous workout

“Laughter is the shortest distance between two people”
— Victor Borges.

“It’s true I haven’t had a good laugh in a while. I had forgotten what it felt like - and it felt great! Cris was so comfortable with himself and we all just relaxed” — Marj D.

“I don’t believe in pessimism. If something doesn’t come up the way you want, forge ahead. If you think it’s going to rain, it will”
— Clint Eastwood.

Your laughter leader Cris Popp

Cris started laughing (no really) for very personal reasons – but once he experienced the benefits he wanted to share them with others. He trained with the founder of the world laughter movement, Madan Kataria, and founded the South Yarra laughter club.

He’s held laughter sessions in all sorts of venues including rainy parks and crowded offices, and government, corporate and non-profit organisations – and he’s always left a smile on the face of participants.

He also has a ‘serious’ job consulting in innovation, facilitating good decision-making for large and small organisations, and training people in the delights of lateral thinking. If you have a need for any of these please ask for a brochure.

“Happiness doesn’t depend on how much you have to enjoy, but on how much you enjoy what you have”
— Ziggy.

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Please feel free to call at any time to
discuss your occasion

*“Most people are as happy as they
make up their minds to be”*

— Abraham Lincoln.

“Neurologists have discovered that newborn infants seem to have an inborn ability to laugh and smile, which has survival value because it is linked to the immune system. The immune effect of laughter stays with us for a lifetime. In light of the facts about how stress defeats the immune system, this is a very good piece of information to have. Whatever tickles your funnybone, laughter is the best medicine. The physiological benefits of laughter are indisputable.”

— Steve Wilson Psychologist.

“In this age of high-technology, scientific miracles and medical breakthroughs, it might just be that something as simple as laughter is the best medicine, after all. For a long time, medical doctors have known that happy patients generally respond more favourable to treatment and recover faster than cheerless and complaining ones. The evidence suggests that laughter, confidence and hope have significant therapeutic value, while sadness, fear and despondency tend to produce negative outcomes.”

— Laurence Peter and Bill Dana “The Laughter Prescription: How to Achieve Health, Happiness and Peace of Mind Through Humour”.