



LAUGHTER

Generates energy

Decreases stress

Prevents burnout

Creates rapport

Promotes health

Dissolves conflict

Is your mind open
by appointment only?

For several years now, white-coated scientists with most impressive credentials and very serious expressions have been exploring the many benefits of laughter and play. Laughter and playfulness, they found, has a profound connection with physiological states of the body, which in turn are intimately related to our mental health.

How's your laugh life?

- Learn how & why laughter reduces tension, generates energy, changes perspective, stimulates the creative juices and enhances rapport with clients and co-workers.
- Discover how laughter & play can be your best friends in the prevention and treatment of stress, burnout and disease.
- Enliven your work place with the four principles of playfulness on the job.
- Experience the joy of laughing & playing together; a celebration of people and life!

Make it Fun!

By bringing laughter and playfulness into our lives we can reduce stress and langour, increase productivity and morale and generally improve our health and wellness, both physically and mentally. Since laughter can help us to become more productive and more healthy, it seems only natural that we should strive to make it part of our work environment.

Remember, **he/she who laughs...lasts.**

Prevent a hardening of the attitudes, and jest, for the health of it!

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