

Better business starts with a jolly good laugh

The workplace can be stressful at times, so why not lighten the load a little, boost morale and generate healthy profits by introducing your staff to the benefits of laughter therapy.

Australia's foremost laughter therapist Phillipa Challis, a celebrated public speaker, business trainer and founder of Laughter Clubs throughout Victoria, is spreading her infectious laughter techniques throughout the corporate sector.

Her growing list of happy clients includes some of Australia's top businesses and organizations: ANZ Bank, Ericsson Australia, Geelong Grammar, Royal Melbourne Hospital, Salvation Army, Alzheimer's Australia, Transurban, Westpac, Southern Mental Health Association, Minter Ellison Lawyers, Lions, Rotary and Zonta clubs.

Experience the benefits of laughing often and for no reason in your workplace:

- ▶ learn quick and easy measures to deal effectively with stress
- ▶ improve physical, mental and spiritual wellbeing
- ▶ cultivate a spirit of laughter and fun in the workplace that encourages productivity and team work
- ▶ improve creativity and energy levels

"After Phillipa's laughter session, I went back feeling quite relaxed and energised. I was able to think a lot more clearly and felt more positive about the difficult tasks ahead that didn't seem as challenging as I had previously anticipated. I was not only happier but I knew I was more productive and and efficient.

We also learnt from Phillipa of the many health benefits associated with a good, hearty laugh. I will certainly endeavour to incorporate more laughter in each day and look forward to a happier, healthier life."

- Souzy Kett, DHS, Southern Metropolitan Region

A good laugh can benefit your triple bottom line. Here's how...

- 1) Economic: it costs nothing yet improves productivity and profits
- 2) Social: it's infectious when done in a group
- 3) Environmental: it's a renewable resource

Laughter workshops introduce participants to deep breathing and thought-free group laughter techniques based on yoga.

Participants learn the hearty laugh, the silent laugh, the milk shake laugh, the lion laugh, the lotto laugh, and more.

Laughter sessions range from an inspirational half-hour session to more intensive half or full-day workshops and can be delivered to small teams or large work groups.



Laughter Lady Phillipa Challis is a recognised Laughter Ambassador (one of only six in Australia), a certified Laughter Yoga Teacher and Trainer. A classified member of the National Speakers Association of Australia, Phillipa is also an experienced broadcaster, writer and business trainer.

Call the Laughter Lady today

Find out how the Laughter Lady can bring energy and enthusiasm to your workplace.

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HEARTY LAUGHTER = HAPPY STAFF = HEALTHY PROFITS

