



**Tim Gard, CSP, CPAE:
Program Summary
Workshop Presentation
“Laughter Becomes You”**

Creating Changes and Life Balance Through Humor

“Laughter Becomes You” builds on the foundation provided in "Developing a Comic Vision." This seminar includes more Comic Vision stress busters, teaches how to distinguish between good and bad humor, details the physical and emotional benefits of laughter, and enables you to use good humor at work. Harness laughter to overcome individual situational stress factors by finding the humor in change, developing and implementing a humor plan at work, and much more!

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Thank you!

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