

## Humour Works!



Vivienne McKee gives an entertaining inter-active lecture about bringing humour, laughter and play into our daily work lives.

Did you know that adding humour in your workplace can . . .

- reduce stress
- boost morale
- foster greater teamwork
- enhance customer service
- spark creativity
- motivate employees
- increase productivity
- and replace valium, vodka and viagra ?

Vivienne reveals how little it takes to improve your working hours, and even your health - with fun and humour!

She reminds us that we carry our sense of humour around with us 24 hours a day, 7 days a week, 365 days a year, til death do us part , and offers some good tips about how to pull out humour when it is most needed in a work situation in her own highly entertaining Danish/English style.

“Even if you WIN the rat-race, you are still a rat!”

“A good 20 second laugh is the equivalent of 3 minutes on a rowing machine”

“Our sense of humour is fat-free, nicotine-free, non-addictive, environmentally-friendly, stress-reducing and does not require fitness.dk membership fees or kr. 1.000,- Nike shoes”

And as Oscar Wilde said: “Work is far too important to be taken seriously”

**BOOKING:**

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