

About the Presenters:

Kay Caskey, ACSW, and **Laurie Young, MA, NCC,** are educators and Holistic Health Specialists. For ten years they have given over 600 keynote presentations and workshops for such diverse organizations as the United States Post Office, Pharmacia, Henry Ford Health System, the American Academy of Entrepreneurs, Delta Dental, Domino's Pizza, Midas Muffler, the Michigan Bankers Association, and numerous health care and educational organizations. They both teach graduate courses in Holistic Health at Western Michigan University.

Comments from participants:

Terrific program! Long-term effects have been very positive. Your program boosted morale and enhanced our team-building efforts...and your presentation has greatly increased the credibility of our in-service sessions.

Anne Breznau, Assistant Vice President for Academic Affairs, Empire State College, NY

...even those who tend to stay removed became engaged in your uplifting program. You made us think about our everyday approach to life and work in a new and more positive way. You made a profound impact on the participants. Thank you!

E. Merrill, Director of Contracting, Behavioral Health Services, Henry Ford Health System

What an exciting program! ...you hit the mark with "Accentuating the Positive While Managing the Negative". The information you presented was practical and informative with the right mix of facts, examples, and humor.

Sheila O'Meara, Pharmacia

For more information contact:

Laughter Works®

...pathways to healthful living.

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Accentuate



the positive

Eliminate the negative

Many people spend more time on the job with their co-workers than they do with their own family and friends. A positive work environment not only increases communication, productivity, and the ability to solve problems, it even affects physical health and the immune system.

According to Studs Terkel, prize winning author and radio personality, "Work is a search for daily meaning as well as daily bread." Through our work we define ourselves and a satisfying work climate can greatly impact whether we have a full, happy life. A positive work climate doesn't just happen. It takes communication, flexibility, effort and a plan.

...in the workplace

To me, there's no essential difference between the way we spend time in work and the way we spend the rest of our lives. Time is time; our working life adds up—in a few short decades—to be our life itself. If we don't like what we do for a living we're not going to enjoy our lives very much.

*Marsha Sinetar, Author
Do What You Love and
the Money Will Follow*

Pessimists look at a stable and see piles of manure; optimists see the manure and look for the pony.



Participants will learn:

- The impact of workplace negativity
- How and why negativity gets started, how it is likely to spread and what to do about it
- The many faces of negativity, both habitual and situational, and their effects on the individual, the organization, and physical and mental health
- How to recognize negativity and ways to break the negativity habit in ourselves and others
- Strategies for dealing with negative co-workers
- The fine art of becoming truly happy

Laughter Works® programs help organizations promote a productive, flexible, upbeat work environment and assist individuals decrease stress, discover more joy and become downright positive.

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