

Knowledge, Skills, Empowerment



Jim Jelinske, MS

CREATIVE EDUCATION SERVICES

“Using Humor to Keep Your Spirit Balanced When the Tight Rope of Life Frays at the Ends.”

We are besieged with a steady diet of high expectations, lack of kindness and respect, and a society of “disasterizing” everything. Keeping an internal balance in order to live free of the disabling stress that cripples our outlook is the essential resource to “really” live and work in peace.

In this session you will learn:

- The three keys in making your humor work for you. Discover the potential for humor in your work and life.
- The four essential ways to invoke humor, the positive effects humor can have on your attitude and how to use humor enhancement techniques in every day work and life.
- The benefits of laughter and how to use “your” humor to stay healthy.
- How to utilize the “Top Ten” humor strategies to provide insight into laughter and show the dramatic personal effects of humor.

Call Today!