

## Laughter in the Workplace

### Laughing At Work Makes Business Sense

Happy people are productive people. They achieve more, suffer less stress and take less sick leave.

Laughter in the workplace helps work/life balance, improves inter-personal relationships and enhances communication. Organizations achieve major measurable benefits - just like Four Systems, a Danish computer company which reported a 40% increase in sales following a year-long laughter program.

Laughter yoga workshops and seminars are available with a raft of benefits for employers and employees:

- increased ability to handle stress
- increased self esteem
- increased happiness
- improved mental awareness
- enhanced ability to deal with stress - more laughter
- anger management
- ability to manage anxiety and fear

We provide customized staff development seminars, keynote speeches, workshops, and programs for national, as well as international conventions.

Our client list includes among others:

- UBS Bank
- Hewlett Packard
- SAS Airlines
- Volvo Automobiles
- Singapore Govt.
- Western Australian Parliament
- Emirates Bank
- Emirates Airlines
- Glaxo Pharmaceuticals



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