

About Carole.....

As a trained Crisis Intervention Counselor, Carole has worked as a front line crisis worker, produced a documentary on the life of a young man living with AIDS is a published freelance writer, & member of the Professional Writers Association of Canada & the International Positive Psychology Association of America.

Carole has also been trained by International Laughter Organizations & holds the designations of Certified Laughter Leader & Certified Laughter Teacher.

Like many people, Carole has faced difficulties in her life. She has experienced health & financial challenges & the loss of loved ones. She has used laughter & a changed attitude to positively & successfully move forward in her life.

She loves to share her life lessons with others. Well known for her laughter workshops, keynotes, as well as her writing, she reflects the positive manner with which she lives her life.

Carole frequently says "If you are not having fun on your journey through life, then it's time to make some changes".

Call Carole today. Help make your workplace a happier place where smiles come in the door every morning with your employees.



ACHIEVING HAPPINESS IN FIVE STEPS

DO NOT TAKE ANYTHING PERSONALLY

REMEMBER THAT EVERYONE WALKS AROUND WITH EMOTIONAL BAGGAGE OF SOME SORT. THEIR RESPONSE TO YOU IS COLOURED BY THIS BAGGAGE AND HAS NOTHING WHATSOEVER TO DO WITH YOU.

DEAL WITH THE THINGS THAT BOTHER YOU

DO NOT HOLD ON TO GRUDGES OR BAD FEELINGS ABOUT ANYONE. IT ONLY POISONS YOUR OWN SOUL AND YOUR OWN BODY. DO NOT STAY IN UNHEALTHY RELATIONSHIPS. WALK AWAY FROM ANYTHING THAT CREATES ANGST OR PAIN.

PRACTICE GRATITUDE AND FORGIVENESS DAILY

GET UP IN THE MORNING BEING MINDFUL OF WHAT IT IS YOU ARE GRATEFUL FOR. STATE IT OUT LOUD.

LOVE HUMANKIND

HELPING OTHERS TAKES THE FOCUS OFF OUR OWN CHALLENGES. WE SEEM TO SPEND A LOT OF TIME IN OUR SOCIETY FOCUSED ON OUR OWN WANTS AND NEEDS. IF WE LEARN HOW TO REACH OUT TO OTHERS, IT WILL HELP TO PUT OUR OWN ISSUES INTO PERSPECTIVE.

LAUGH AS OFTEN AS POSSIBLE

LAUGHTER IS ONE OF THE BEST THINGS YOU CAN DO FOR YOURSELF. LAUGHTER BEGETS LAUGHTER.

LIFE ... IT'S

**A Funny
Business**



"A laugh is
like
sunshine
to the soul"

CAROLE FAWCETT

**STRESS MANAGEMENT
LAUGHTER COACH**

www.afunnybusiness.ca
flower1@shaw.ca
250-549-2034
250-550-0316

QUESTIONS TO ASK YOURSELF

These questions will help you assess where you are in your life journey. If your answers are more on the negative side than the positive, it is time to take a serious look at your life. Unresolved stress can be a contributor to ill health.

Do you like your job?

Are you sleep deprived?

Do you know what stress does to your body?

Do you laugh easily?

Do you feel stressed all the time?

Do you know what makes you happy?

Do you suffer from “terminal seriousness”?

What stops you from laughing?

Do you love your life?

Do you have any bad habits that are detrimental to your health?

Do you exercise regularly?

Is fun a part of your life?

Do you feel depressed?

Workshops offered by “A Funny Business”

Carole can customize workshops for the unique needs of your workplace.

As a keynote speaker, she loves to bring laughter to any conference or corporate event.

1. Wake UP to Laughter

▶ Start your conference off with a high-energy laughter session. Your conference attendees will happily remember this for a long time.

2. Stress Management

▶ Train your employees/middle managers how to deal with stress.

▶ Learn how stress can negatively affect workplace productivity & how to turn this around.

▶ Learn how to recognize the symptoms of stress & stop it in its tracks.

▶ Learn techniques that will help to alleviate the stress in your personal life.

3. Stress, Laughter, Play – UNPLUGGED

▶ Learn how to deal with stress in a positive way.

▶ Understand why laughter and fun are so vital to a healthy & well-balanced lifestyle.

▶ Learn how to play.

▶ Laugh like you haven't laughed in a long time.

4. Working & Laughing Together

▶ This is a special workshop that is used for teambuilding within an organization. It is informative and fun.

5. Embrace Your Inner Joy

▶ Learn how to play again. Quizzes, pantomime exercises, mini plays, games & much more.

Call Carole today at 250-549-2034

What people are saying about Carole's workshops:

I really enjoyed Carole's presentation, and took away some valuable insights which I am sharing with my family. Jannette, Professional Development Day, Kelowna School District #23.

Excellent workshop, very good stress relief materials. Weyerhaeuser

Carole showed us the importance of incorporating laughter into our workdays. We highly recommend Carole's workshops for any business or organization. Vantage One Credit Union