

**Laugh to:  
Relieve Stress  
Enhance Communication  
Enrich Relationships  
Diffuse Conflict  
And More....**



# LAUGHTER



**Enda Junkins**, MSW, LCSW is a rare commodity. Known as the Laughing Psychotherapist, she stimulates audiences with presentations on laughter that are entertaining, uplifting and informative. She shares her unique, practical, memorable tools for creating laughter to enthusiastic audience response. A national expert on the benefits of laughter, she speaks with wit and wisdom about the importance of laughter in countless settings. Her presentations are effective for businesses, organizations, and individuals. Enda's laughter expertise developed over more than 30 years as a psychotherapist using laughter to help heal serious issues and in her years as a professional speaker and Laughter Therapist. She is the author of two books and has produced three DVDs on laughter. Enda is a member of the National Speakers Association.

## KEYNOTES

**“Enda Junkins teaches us to use laughter as a very powerful tool. Her style is fun, witty, and direct.”**

Laura Murphy, Director—Executive Meetings/Events  
Verizon Corporation

## SEMINARS

**“Enda Junkins is an engaging, entertaining speaker with a message about stress that packs a powerful punch.”**

Carol Mooney, Director  
Science and Health Promotion  
The Cooper Institute

## WORKSHOPS

**“While the presentation was both educational and entertaining, I was impressed with your ability to engage such a diverse audience.”**

Lisa Graham, Paralegal Manager  
Law Firm of **Jenkins & Gilchrist**

## SAMPLE PRESENTATIONS

### **Laughter: The Light Solution for Stress**

If one could name 101 solutions for stress, all of them should be laughter. Laughter releases anxiety, changes our perception and helps us cope. It doesn't eliminate stressors; it changes how we relate to stressors. If we laugh more, we stress less. This presentation energizes, entertains, and informs with a unique approach to the wearisome problem of stress. Participants will:

- ❖ Laugh, relax, and moods will lift.
- ❖ Learn practical, specific tools to promote laughter daily.
- ❖ Be less stressed and more energized.
- ❖ Be more aware of the vital role of laughter in stress management.

### **Introducing Laughter in the Workplace**

This is serious! Why do we need laughter in the workplace? Laughter reduces stress. It helps employees cope with change. It reduces conflict, and it develops clearer communication. This program provides strategies for including laughter in the workplace for hardworking employees. Laughter strengthens a business and energizes workers. Those attending this entertaining, informative presentation will:

- ❖ Learn methods to increase laughter in the workplace.
- ❖ Add laughter tools to their tool kits for clearer communication, diffusing conflict, and reducing stress.
- ❖ Learn tactics to utilize laughter in coping with change.
- ❖ Learn how to incorporate appropriate laughter into management skills.

### **Belly Laughter in Relationships: Something Else Positive Below the Belt**

To balance one's life between work and home, attention must be given to relationships. Marital problems are associated with decreased work productivity, especially in men. Studies show that the strongest factor in overall marital happiness is the amount of fun in relationships. Laughter provides that fun. This unique program for partners takes all the important factors in relationships and lightens them up with fun, effective laughter techniques. Participants will learn:

- ❖ How to keep laughing with a partner.
- ❖ How to utilize laughter for effective communication and avoiding power struggles.
- ❖ How to use laughter to change and accept behavior.
- ❖ How and why laughter is vital for long-lasting relationships.

# Customize Your Program

No matter what your focus, Enda Junkins will provide a program specific to your organization that will help you incorporate laughter thoughtfully and professionally.



## Partial Client List

- Hong kong Cancer Center
- Masterfoods Inc.
- ColoradoTri County Health Dept.
- Verizon Corporation.
- Chartwells School Dining Services.
- Human Affairs International.
- AT&T.
- Jenkins and Gilchrist Law Firm.
- Munsch Hardt Law Firm.
- Price Waterhouse.
- American Association of Medical Transcriptionists..
- American Women's Society of Certified Public Accountants.
- Assisted Living Homes Association of Alabama.
- Alabama Association of Homes and Services for the Aging.
- Association of Female Executives.
- Texas Women's University.
- U. S. Air Force.
- U. S. Army.

## Testimonials

"We greatly appreciated the expert way in which you connected laughter with the more serious issues producing stress in our lives."  
*Ava Hollie, Dist. Training Coordinator, Southwestern Bell Corp.*

"You took our woes and integrated them into your talk seamlessly. It was as if a cloud was lifted. Everyone came away invigorated."  
*Ina Lee Selden, President Manhattan Passport*

"Thanks for speaking at the IPREX Mid-Managers Conference. Participants rated your presentation as one of the highlights of the conference."  
*Denisha Stevens, Sr. Vice President, Vollmer Public Relations Firm*

Author:  
Belly Laughter in Relationships

The Belly Laughter Workbook

## Video/Audio Tapes

"Laughter: The Light Solution for Stress" video and audio.

"The Power of Laughter" video and audio.

"Belly Laughter for Couples: Something Else Positive below the Belt" video and audio.

Also:  
Numerous articles about laughter.

- Associated Country Women of the World
- Gtech Corporation.
- Southwestern Bell Corporation.
- Manhattan Passport.
- Eckerd College.
- Association of Legal Administrators.
- Financial Women International.
- Department of Veteran Affairs.
- State Conference for Health Care Social Work Administrators.
- Fannie Mae Corp.
- National Association of Social Workers
- Texas Association of Marriage and Family Therapists.
- Texarkana College.
- Texas Department of Human Resources State Conference
- Dallas Independent School District
- NASW Oklahoma State Conference.
- NASW Colorado State Conference
- Employee Assistance Roundtable

- Red Hat Roundup of Canada
- The Humor Project.
- Texas Association of Rehabilitation Professional and Providers of Services.
- IIAD-CPCU (Insurance agents and underwriters).
- St. John's Regional Medical Center Professional Conference.
- Association of Career and Technical Educators.
- Aids Research Program, Wayne State University.
- Altrusa Women's Club
- Social Security.
- Laredo Independent School District.
- Arlington School District.
- DFW Medical Center.
- United Methodist Church.
- National Health Conference.
- Printing Industries Association of Texas.