

Behind the Laughter

Getting through tough times when laughter is not enough

In today's BUSY, BUSY world, we are currently experiencing an alarming rise in stress levels and mental illness. People are becoming disengaged, disconnected and isolated. This leads to feelings of not being good enough and imposter syndrome, which makes us unproductive and unfulfilled.

In this talk, Award-Winning Comedian Kate Burr shares her experience of using laughter to cope with life's challenges and the massive price she paid by doing so. The benefits of laughter are well known, but nobody talks about its power. Laughter has the power to distract, diminish and devalue what's really going on below the surface and you can only bury that pain for so long – cue epic breakdown!

In BEHIND THE LAUGHTER you will discover unconventional strategies on how to feel good, be happy and live a life on purpose. It is a hilarious celebration of life, mixed with a touch of insight and a big dose of much-needed stress-relieving laughter!

OUTCOMES:

- Why laughter is not the best medicine, (it's the best anesthetic!)
- Recognise coping techniques that unknowingly make your problems bigger.
- Discover strategies on how to fix your problems instead of sweeping them under the carpet.
- How to feel relaxed and happy without having to stuff your face with chocolate, binge-watch Netflix or drink too much alcohol!

SUMMARY:

After being unexpectedly diagnosed with Clinical Depression (9 years after experiencing her first symptoms) Kate hilariously reveals her inner secrets on how to feel good, be happy and live a life on purpose!

