

## The Feel-Good EFFECT

### Feel Good, Do Good, Life's Good

At times we are faced with situations (or people) that have the potential to negatively impact us and those around us, whether through uncertain environments, differing expectations, or otherwise. This negativity can rapidly spread throughout our lives and cause us to be unproductive, ineffective and disengaged.

In this talk, you will discover how to recognise the symptoms and counteract the impact of negativity using humour, so you will be happier, more effective and more productive. *"When you can recognise and counteract the negativity in your life, you can get on with enjoying it!"* Kate says.

#### OUTCOMES:

- How to use humour and laughter to reduce stress and increase feelings of wellbeing
- How to use the principles of humour to become more satisfied and fulfilled.
- Recognise and counteract the circumstances that cause us to be unproductive, ineffective and disengaged.
- Improved your resilience, adaptability, confidence, efficiency and productivity

#### SUMMARY:

Harness the power of humour to improve your resilience, adaptability, and confidence, so you will be happier, more effective and more productive.

