

High-Performance Humour

Realise the Benefits and Remove the Risks of Using Humour in the Workplace

Humour in the workplace is proven to boost productivity, reduce conflict, release stress, elevate mood, improve communication, and increase creativity. However... only when it's done right!

Humour done wrong, can potentially be distracting and damaging. Discover how to remove the risk and realise the benefits of humour with High-Performance Humour coach and award-winning comedian Kate Burr. Learn how to safely integrate humour into your leadership to support key performance outcomes, enhance workplace health, boost productivity and improve leader effectiveness.

"In business, the primary reason for humour isn't laughter; it's engagement - as better engaged people and teams lead to better business relationships, improved performance and increased results," Kate says.

OUTCOMES:

- How to safely use humour and laughter in the workplace to reduce stress levels and increase feelings of wellbeing
- The humour strategies for leaders that will improve your connection and engagement with teams, clients and individuals
- Effective ways to use humour in the workplace that will achieve your outcomes and boost productivity
- How to confidently use humour in a risk-free way that maintains your integrity and enhances your leadership (without feeling embarrassed, awkward or uncomfortable)

SUMMARY:

Become a more confident, and engaging leader who can use humour to engage staff, increase well-being and boost productivity.



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.



Think Like a Comedian

Elevate Your Creativity, Problem Solving and Decision Making Skills

Humour can boost creativity and help with brain function by improving the acceptance of new ideas, triggering new connections and enhancing one's ability to solve problems. This keynote will show you how to open your mind to change and broaden your ability to think creatively.

Join Comedian Kate Burr to discover strategies and skills to master decision-making, problem-solving, conflict resolution and creative thinking. Improve your productivity and performance and develop creative outcomes and solutions to workplace situations.

OUTCOMES:

- Embrace a Comic Approach to master problem-solving, conflict resolution and creative thinking.
- Develop creative outcomes and solutions with strategies that help you get awareness, understanding and insight into situations.
- Use humour principles to reveal honest answers to the real issues that stop results.
- Improve your creativity and what to do when you have a mental block.

SUMMARY:

Develop your skills to improve your awareness, understanding and creativity so you can master problem-solving, conflict resolution and creative thinking.



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!

