

High-Performance Humour

The Smart Way to Engage, Influence, and Lead with Impact

While humour in the workplace is proven to enhance productivity, reduce conflict, alleviate stress, elevate mood, improve communication, and ignite creativity, its success hinges on proper execution. Humour done wrong can be distracting and even detrimental.

Master the Art of Humour:

Become a more confident and engaging leader who can strategically use humour to **engage your people**, increase wellbeing, and **drive productivity**. Join Kate Burr, a High-Performance Humour Coach and Award-Winning Comedian, as she guides you through how to **safely leverage humour** to create a more vibrant, connected, and effective workplace.

“In business, the primary reason for humour isn’t laughter; it’s engagement. Engaged people and teams perform better, communicate better and deliver outstanding business results,” explains Kate.

KEY OUTCOMES:

- **Stress Reduction & Wellbeing:** Discover how to safely use humour and laughter in the workplace to significantly reduce stress levels and foster an atmosphere of wellbeing.
- **Enhance Connection & Engagement:** Master humour strategies that improve your interactions and deepen engagement with teams, clients, and peers.
- **Outcome-Oriented Humour:** Learn how to apply humour in ways that directly contribute to achieving business goals and enhancing productivity.
- **Risk-Free Humour:** Gain confidence in using humour safely - maintain your integrity and enhance your leadership capabilities without fear of embarrassment or missteps.

SESSION SUMMARY:

Become a more confident and engaging leader who can strategically use humour to engage staff, increase wellbeing, and drive productivity. Through High-Performance Humour, transform your leadership approach to create a more vibrant, connected, and effective workplace.

