



THE RE-ENGAGEMENT REBOOT

UNLOCK THE POWER OF HUMOUR TO FIX DISENGAGEMENT AND DRIVE PERFORMANCE.

Disengagement is one of the biggest hidden threats to team performance, yet most leaders don't realise it's happening until it's too late. It shows up in tired teams, tuned-out meetings, and quiet quitting. And while traditional engagement tactics like perks, pay rises, and pep talks try to treat the symptoms, they rarely fix the cause.

Master the Art of Re-Engagement:

Become the kind of leader who can spot the early warning signs of disengagement, identify the invisible leaks draining people, performance and profits, and restore team momentum before burnout sets in.

Join Humour & Leadership Expert Kate Burr as she reveals THE RE-ENGAGEMENT REBOOT: a practical, science-backed approach helping leaders fix disengagement at the source and build energised, high-performing teams.

"It's not about pumping people up; it's about fixing the flat. If your team is running on empty, the real solution is to repair what's draining them." explains Kate.

KEY OUTCOMES:

- **Spot the Hidden Signs:** Identify how disengagement shows up in behaviour and culture long before it appears in the data.
- **Fix the Real Problems:** Learn how to repair the four invisible leaks that quietly drain your people, performance, and productivity.
- **Rebuild Team Capacity:** Gain tools to re-energise performance, restore connection, and expand creativity and collaboration.
- **Lead with Insight, Not Pressure:** Shift from quick fixes to sustainable strategies that drive results, without burning people out.

TL;DR SESSION SUMMARY:

Disengagement is the silent killer of team performance — draining energy, creativity, and results. In this practical session, Kate Burr reveals how leaders can identify and repair the hidden leaks that cause disengagement and re-ignite team momentum using humour as a strategic leadership tool.



THE FEEL-GOOD EFFECT

USING HUMOUR TO BUILD RESILIENT, ADAPTABLE, AND HIGH-PERFORMING TEAMS

Today's workplaces are under pressure, with constant change, competing priorities, and growing demands. Left unchecked, this pressure turns into negativity that spreads fast, fuelling disengagement and draining performance. Combatting that negativity isn't optional; it's essential if you want your people to stay productive, resilient, and motivated.

Discover the Transformative Power of Humour

In this energising session, Humour & Leadership Expert Kate Burr reveals how to use humour strategically to neutralise negativity, reduce stress, and build stronger, more adaptable teams. This isn't about brushing problems aside. It's about shifting perspective, building resilience, and helping people perform at their best.

KEY OUTCOMES:

- **Reduce Stress, Boost Wellbeing:** Learn practical humour techniques to lower stress, increase resilience and lift energy.
- **Neutralise Negativity:** Spot and shift subtle attitudes that drain engagement and performance.
- **Enhance Adaptability & Confidence:** Use humour to reframe challenges and bounce back faster.
- **Perform at Your Peak:** Strengthen creativity, collaboration, and fulfilment for lasting results.

TL;DR SESSION SUMMARY:

When pressure mounts, negativity spreads fast — draining morale and performance. In this energising session, Kate Burr shows how humour can reduce stress, reset perspective, and boost resilience so your people feel good, do good, and perform at their best.



HIGH-PERFORMANCE HUMOUR

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

Humour in the workplace is proven to enhance productivity, reduce conflict, alleviate stress, elevate mood, improve communication, and spark creativity. But here's the catch: humour only works when it's done right. Used well, it becomes a leadership superpower. Used badly, it can distract, divide, or even derail performance.

Master the Art of Humour

In this practical and energising session, Kate Burr, Humour & Leadership Expert and Award-Winning Comedian, shows leaders how to confidently use humour as a strategic tool to engage people, improve wellbeing, and drive productivity.

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

You'll learn how to apply humour in ways that are safe, professional, and results-driven (without ever risking your credibility).

KEY OUTCOMES:

- **Reduce Stress & Boost Wellbeing:** Use humour safely and strategically to lower stress levels and foster a positive, energised workplace culture.
- **Enhance Connection & Engagement:** Apply humour techniques that strengthen relationships and deepen engagement with teams, clients, and peers.
- **Drive Results with Outcome-Oriented Humour:** Discover how to align humour with business goals to increase motivation, performance, and productivity.
- **Master Risk-Free Humour:** Build confidence using humour authentically, maintaining professionalism, integrity, and influence without fear of embarrassment or missteps.

TL;DR SESSION SUMMARY:

Humour isn't about being funny; it's about being effective. Discover how to use humour as a leadership superpower to engage teams, improve communication, and drive productivity without ever risking your credibility.





THINK LIKE A COMEDIAN

Master Creativity, Problem-Solving, and Decision-Making

Humour is more than amusement — it's a catalyst for cognitive performance. It sparks creativity, helps people embrace new ideas, and reveals innovative connections that drive smarter problem-solving.

In THINK LIKE A COMEDIAN, you'll discover how adopting a comic mindset expands mental flexibility, strengthens decision-making, and unlocks creative problem-solving in even the most complex situations.

Apply a Comic Approach to Leadership

In this session, Kate Burr, Comedian and Humour & Leadership Expert, shares practical strategies to use humour and comic thinking as powerful tools for leadership.

You'll learn how to reframe challenges, navigate conflict with clarity, and unlock fresh insights that drive performance and productivity.

KEY OUTCOMES:

- **Embrace a Comic Approach:** Apply humour-inspired thinking to improve problem-solving and conflict resolution.
- **Develop Creative Solutions:** Strengthen awareness, insight, and flexibility to tackle critical workplace challenges.
- **Harness Humour for Honest Insights:** Use humour to uncover truth, shift perspective, and create clear pathways to results.
- **Overcome Mental Blocks:** Boost innovation and stay effective under pressure, even when ideas feel stuck.

TL;DR SESSION SUMMARY:

Comedians see the world differently — and that's their advantage. Learn how to apply a comic mindset to think faster, decide smarter, and innovate under pressure, unlocking creativity and clarity in even the most complex challenges.

