

HIGH-PERFORMANCE HUMOUR

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

Humour in the workplace has been shown to improve communication, strengthen trust, reduce tension, and enhance performance. But here's the catch: humour only works well when it's used well. Used strategically, humour becomes a leadership superpower. Used poorly, it can distract, divide, or even derail performance.

This is where many leaders hesitate — not because humour isn't powerful, but because they've never been shown how to use it **professionally, safely, and with purpose**

Master the Art of Humour

In this practical, high-energy session, Kate Burr, Humour & Leadership Expert and Award-Winning Comedian, teaches how to use humour confidently and intentionally to engage people, build trust, and increase influence without losing authority.

This session reframes humour as a high-performance leadership skill—not entertainment—and shows leaders how to use it to strengthen presence, credibility, and impact.

"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.

KEY OUTCOMES:

- **Engage Without Losing Authority:** Use humour to capture attention and build connection while maintaining professionalism and leadership presence.
- **Strengthen Trust & Influence:** Apply humour in ways that deepen rapport and increase impact with teams, clients, and stakeholders.
- **Drive Results with Purposeful Humour:** Discover how to align humour with outcomes to influence behaviour, momentum and performance.
- **Master Risk-Free Humour:** Build confidence using humour authentically, safely and strategically, 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.

