

THE FEEL-GOOD EFFECT

HOW FEELING GOOD FUELS PERFORMANCE, CONNECTION & RESULTS

Today's workplaces operate under constant pressure, rapid change, competing priorities, and relentless demands. When that pressure goes unmanaged, it turns into negativity that spreads quickly, fuelling disengagement and draining performance.

Addressing that negativity isn't optional. It's essential for maintaining resilience, adaptability, and sustained performance, especially in high-pressure environments.

Discover the Transformative Power of Humour

In this energising session, Kate Burr shows leaders how to use humour strategically to reduce stress, neutralise negativity, and strengthen emotional resilience, without dismissing real challenges or forcing positivity. Rather than glossing over pressure, this session helps people shift perspective, rebuild psychological capacity, and stay effective even when demands are high.

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 quietly drain engagement and performance.
- **Build Adaptability & Confidence:** Use humour to reframe challenges and bounce back faster from setbacks.
- **Perform at Your Peak:** Strengthen creativity, collaboration, and fulfilment for sustainable 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.

