

# LIGHTEN UP

DOUG  
DVORAK



How to put more fun in Your Life and Work!! In this program, participants will learn how humor can reduce stress, improve creativity, increase productivity and balance the stress of life and work by providing them a new perspective. Through a fun, funny and educational experience, participants will acquire humor coping skills to incorporate into their personal and professional lives.



## Program Goal

This program will offer participants the opportunity to:

- ✔ Recognize the value and importance of humor in creating a more healthy and balanced life.
- ✔ Use humor to make a message more memorable.
- ✔ Achieve more balance in life and work through humor.
- ✔ Recognize the value of humor in creating a healthier perspective.
- ✔ Implement specific techniques to incorporate more fun and humor in your personal and professional life.
- ✔ Enjoy a fun and entertaining program full of practical information.
- ✔ Live long, laugh large and often.



## Duration

- 45-60 Minute Keynote
- 2-4 Hour Breakout Session
- 6-8 Hour Full Day Training

This program can be customized for any event including:

- ✔ Breakfast / Lunch / Dinner
- ✔ Recognition Ceremonies
- ✔ Sales Meetings
- ✔ Management Conferences
- ✔ Corporate Retreats
- ✔ Special Events