

Learn how to “**Smile, laugh, and have fun with customers, fellow employees and even those you live with**” to improve your organization and your personal life!

Having fun at work...

Improves morale
Promotes teamwork
Increases acceptance of change
Builds confidence
Reduces stress
Enhances creativity

Helps us keep our balance
Prevents burnout
Encourages problem solving
Improves communication
Helps us overcome fear
Promotes good health

Sid will get you excited about your job and revitalize your life. Sid’s dynamic, fun approach and reputation for producing immediate and long term results is the reason that over 90% of his business is from referrals and repeat speaking engagements. **Introduce your group to Sid, sit back and laugh while you learn and reap the benefits!** Find out how laughter and humor will lower your blood pressure, elevate your mood, and even further promote good health!

Learn through role-playing and practice sessions how to treat, not mistreat, your customers, fellow employees and even those you live with! **Learn the 4 STEPS that will change your life immediately!**

Laughter will help you through the difficult times and simply make the good times better!

Little kids laugh up to 400 times a day, the experts say; adults only 15. Why? Life piles up, that's why. House payments, car payments, ingrown toenails, clothes that don't fit, bad hair days, two different shoes on at the same time, traffic jams... they can choke the laughter right out of us.

"When we laugh out loud, 16 major organs are positively affected in our body. It puts us in a better mood."

- Keep really funny people in your life. Make friends with people who are amusing, and stay connected to the funny friends you have.
- Start a humor library. Read books by or about comedians. Start a file of cartoons.
- Be silly once in a while at work. Keep toys and things that make you smile at the office.
- Watch funny movies and TV shows. Rent some classic videos.
- Attend fun-filled events. Post cartoons. Learn to laugh with others and at yourself.
- Make other people happy. Do something for someone and expect nothing in return.
- Read books that make you laugh and feel good instead of making you cry and feel sad.

"We were so much better off doing what our parents told us to do," Sid says. "Showing respect, having good manners, being generous, making time for others, and loving one another were all good advice."

It is a true kindness if you can get others to have a good time along with you, even if you have to drag them kicking and screaming in the beginning!

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