



Finding the Funny: Using Humor to Cope with Stressful Situations

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Researchers at Farleigh Dickinson University say that stress related illnesses, absences, burnout, and staff turnover costs over \$200 billion a year to American corporations. Best-selling author, speaker, recovering lawyer, and stressed out mom Lori B. Duff managed to turn a series of stressful events into a career as a humorist, and is now ready to share with you her proven techniques for using humor to cope with stress, making the workplace more enjoyable, less stressful, and therefore more productive.

Presentation Highlights

Are You Missing Your Employees Best Ideas? The Best Ideas Aren't Always the Loudest Ones

Humor is a tool your employees can use to make sure that they are heard. Sometimes the best ideas come from quiet places. Lori can teach the quiet, intelligent voices in the workplace to speak up through humor.

Humor Can Reduce Absenteeism Employees Can't Work if They Aren't At Work

Many employees avoid workplace stress by avoiding the workplace itself. By using Lori's techniques to reduce the workplace stress, you reduce the number of things workers are trying to avoid.

Make Employee Reviews More Productive Humor Can Take the Sting Out Of Criticism

Even legitimate, constructive criticism can put people on the defensive. When people are defensive, they are too busy defending themselves to hear what you have to say. Make employee reviews more productive using Lori's techniques.

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Call Lori to arrange a customized training session:

Phone: 770-466-6149

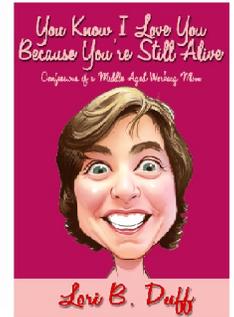
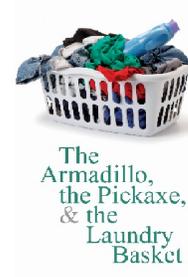


Lori B. Duff is the author of many books, including:

LORI B. DUFF



LORI B. DUFF



Available on Amazon.com

What People Say About Lori...

"Lori Duff...can make me laugh about anything, including eyeball surgery."

Mary Patterson Thornburg, Author of "The Kura" and "A Glimmer of Guile"

"[Lori] finds the humor in EVERYTHING. And she'll help you find it, too."

Brian Moloney, author of "The Kingdom of Keys" and blogger at The Freelance Retort

"[Lori] is like [Jerry] Seinfeld if Seinfeld was roughly my age and female and a lawyer and had the ability to crawl into my head and pull out my exact thought that I didn't even know were in there and turn them into something funny."

Shira Adler Crittendon, Attorney at Law

You can find Lori's humor on the Huffington Post, various Patch outlets, in her bestselling books on Amazon, and at www.loriduffwrites.com