



**Beth Sherman**

**Teaching people how to build relationships quickly, using humor.**

## **TALK: Transform Your Workplace Culture With Humor**

(45 minute keynote)

Exhausted by the unrelenting challenges of the past few years, even the most loyal employees are struggling to remain motivated. Workforces in every industry find themselves dealing with unprecedented levels of stress -- and its innumerable consequences.

Fortunately, study after study has shown that humor not only reduces stress, but also increases engagement, and maximizes productivity.

Where there is laughter, there is emotional connection.

Where there is emotional connection, there is trust.

And where there is trust, there is productivity, retention and greater profit.

In this engaging, interactive talk, Beth teaches audiences how to shift to a comic perspective and change our responses to stressful situations.

Using the professional comedy techniques she's honed over a 25-year career as a comedian and top Hollywood comedy writer, Beth shows participants how to find the funny — FAST — even in the most trying circumstances.

She passionately believes that one of the most efficient tools for stress management, team-building and leadership is the use of well-timed, workplace-appropriate humor.

### **Who needs this keynote?**

- Companies who want to lower employee turnover, increase customer satisfaction, increase profitability
- Organizations who want to ensure their employees' well-being
- Leaders who want to foster increased creativity and resilience in their teams
- Managers who want to build stronger employee relationships

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### **What will the audience learn?**

Audiences learn how to employ professional comedy-building tools such as self-awareness, specificity, callbacks, understatement, and the rule of threes. These techniques allow anyone — even those who don't consider themselves to be “funny people” — to add workplace-appropriate humor to their interpersonal toolkit.

### **How can it be delivered?**

This presentation is available in-person and virtually

### **Also available on this subject:**

Workshops, Masterminds, Bespoke Coaching for individuals and teams

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