



Laughter Yoga International

LAUGHTER YOGA CORPORATE SEMINARS

Based on Dr. Kataria's worldwide experience of conducting corporate seminars, we bring you these training sessions and workshops designed to help companies and organizations to transform their performance, increase profitability and become leaders in their field. It has been scientifically proven that Laughter Yoga can have a profound effect on individual and corporate performance.

SHORT- TERM PROGRAMS

KEYNOTE ADDRESS (30-60 MINUTES)

Dr. Kataria being the founder and the originator of Laughter Yoga is a popular keynote speaker in high demand for conferences and events worldwide. He started the first laughter club with just 5 people in 1995 and today there are more than 6000 laughter clubs in 60 countries. This rapid worldwide growth of laughter movement occurred without any marketing and publicity.

Laughter Yoga initially began as a social club movement but in view of the enormous benefits in every sphere of human interaction, it has now entered into the business world, companies and corporations, fitness centers, old age homes, schools, colleges, physically and mentally challenged institutes and hospitals and cancer groups. This is the first exercise routine with positive effects on the body mind and emotions.

INTRODUCTION SEMINAR (90 MINUTES)

Objective

- To understand the new concept of Laughter Yoga.
- To help people learn how to laugh in a group without jokes, humor and comedies.
- Experience the multiple benefits of laughter on the body and mind.

Target Audience: Managers, executives and staff of all levels / Group size of 20 – 120 members.

Content & Methodology

- A brief introductory talk
- An AV presentation followed by a Laughter Yoga session
- A short Q&A session



ICE – BREAKER SESSIONS (15 – 20 MINUTES)

Objective: This short laughter program is an ideal start to conferences and seminars.

- To kick start a good mood and change the state of mind before conferences and seminars.
- To energize the participants right from the start. This is followed by **5 minutes** of energy boosting sessions every 2 – 3 hours.
- To help increase the attention span during long training sessions and improve efficiency and performance.

Target Audience: Ideally suited for long drawn HR and other training programs attended by senior and middle management / group size 50 – 150 or more.

Content & Methodology

A brief 5 min introduction of the concept followed by laughter and breathing exercises.

HALF DAY PROGRAMS

STRESS BUSTER SESSION (3 HOURS)

Objective: Focuses on different stressors in the workplace and how Laughter Yoga helps to alleviate them.

- To reduce physical, mental and emotional stress.
- To release the negative affects of stress in the body and mind and improve personal and group responses.
- To provide training to prepare for stressful situations using ‘Laughter Boosting’ techniques.

Target audience: Highly stressed CEOs, senior managers and executives.

Content & Methodology

- A short AV presentation on different types of stress and their harmful effects on the body and mind.
- Laughter sessions especially designed to give a quick cardio workout followed by cooling down and breathing exercises.

Participants will feel the relaxation almost instantly.



LONG TERM PROGRAMS

3 WEEKS LAUGHTER YOGA PILOT PROGRAM

Objective: To scientifically measure stress and competency profile of a group of employees.

- The physiological and biochemical tests used to measure heart rate, blood pressure and salivary cortisol levels.
- The psychometric tests are used to measure positive and negative emotions (Emotional Quotient) and ability to deal with stressful situations (Perceived Stress Scale)
- The second type of psychometrics is used to measure self competency, relational competency and role competency of the group members.

Target Audience: All levels of management and staff with high stress levels.

Methodology & Protocol: Laughter Yoga is implemented on a trial basis for a period of 3 weeks 5 days in a week with 15 minutes of laughter session every day in one or more departments. A group of 40-50 people, taken from different departments and all levels, is recommended.

LAUGHTER YOGA IMPLEMENTATION

After the successful completion of Laughter Yoga trial, in case the management decides to implement Laughter Yoga across the business, employees will normally be trained to run sessions, virtually eliminating the costs of running Laughter Yoga.

Laughter Yoga International is developing an online psychometrics system to provide companies with ongoing feedback on the effectiveness and results of the Laughter Yoga program.

This entails training the leaders who will run the Laughter Yoga sessions in-house on a regular basis. We will monitor and support the implementation program.