

Creating Your Optimistic Program

www.OptimisticallyYou.com



Considerations for a group program

Congratulations on contemplating a program of optimism with laughter for your group or organization. Laughter brings such hope and inspiration in such easy ways, so it will be a pleasure to provide a serviceable program for you. Please consider the following concepts for a successful experience.

Tell us of your program interest?

Date of contact: _____
Requested date for presentation: _____
Type of program your interested in:
 30-90 Minute Presentation 1/2 day workshop Full day workshop

Start and end times for your presentation: _____

Number of participants expected: _____ *Special Needs Individuals* _____

While the greatest benefits are derived in the interactive participation that all can do, not all groups are mobile or active and some require a seated experience due to ability or space considerations. Tell us about your group:

Active and Mobile Require seating Tables/Conference style

Tell us about you?

Contact Person: _____
Telephone number: _____ Best time to contact: _____
Email address: _____
Organization: _____
Location of Event: _____

Tell us of your Objective or Purpose?

What are the Goals and Objectives for your presentation?

Optimistically You

Creating Optimism with Laughter Yoga
www.Optimisticallyyou.com
Northbrook, IL
(847) 571-7553

*Certified Laughter Yoga Leader Training
Laughter Presentations
Laughter Workshops*



Ellen Klein

*The Optimistic Catalyst
Bringing more optimism to the world one laugh at a time!*

Ellen is a Certified Laughter Yoga Teacher and a retired nurse who has offered numerous presentations, programs, and training to individuals and groups who are looking for a better way.

Contact Ellen to discover what a dose of happy and healthy *Optimistic Laughter* can do for the individuals in your group and the overall merrier moral it brings to everyone.

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Budget Requirements:

The execution and facilitation of laughter may seem easy and available, yet people are not adapting it as a regular practice mainly because they don't realize the great value, simple adoptable exercises or the fantastic benefits. This program is remarkably shift changing and is often a life changing personal growth experience for many, all while being reminded of the amazing individuals we are... and while having fun! Never underestimate what the power of fun can do for a group!

Program Requirements:

Typical Room set-up: (check what applies)

A simple open space for groups of 100 or less who are mobile and active, with room to move freely in the activities and joyful exercises. Having chairs available for participants preferring to watch or require a rest is recommended.

Open Space Available. Circle of Chairs Available (50 participants or less)
 Seated banquet tables Theatre style seating Other (describe)

Considerations for groups of 75 or more:

Microphone (for groups over 75 participants) Hands Free
 Lift or Stage available for Presenter (groups of 100 or more)
 Easel available for specific programs and requests only
 Screen and projector for specific programs and requests only
 Hydration for participants following program (*water is great!*)

Specific Questions or Considerations for your group:

