



How to Develop a FUNtastic[®] Sense of Humour

- Essential humour habits for family wellness

This session brings to the audience the many benefits received by both parents and children from building more humour and laughter into your life and guidelines for parents to nurture the development of children's sense of humour. The main focus of the presentation is on Dr. McGhee's Humour Skills Training Programme, called The 7 Humour Habits Programme. This programme shows you how to improve the basic foundation elements of your sense of humour in order to use it to boost daily happiness and help cope with the stress in your life. Details of this training programme are provided in Dr. McGhee's new book, *Humour, Health and Happiness: How to Get FUNtastic[®] Benefits of Humour into Your Life* (2011), just published in Singapore.

Parents, you will:

- ✓ Learn to use **humour** in **tense situations**
 - ✓ Discover humour as a **stress remedy** and **immunity**
 - ✓ Unleash your humour potential and sustain **daily peak performance**
 - ✓ Learn how humour **contributes** to **health**
 - ✓ Use humour for a **FUNtastic[®] family and personal relations**
 - ✓ **Simplify** your life and **dare to be you**
 - ✓ Discover humour as **survival training**
 - ✓ **Smile and laugh more!**
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