



KARYN BUXMAN MSN, CSP **WHEN IT'S LAUGHTER YOU'RE AFTER**

A highly sought humorist and internationally recognized expert in therapeutic humor, Karyn Buxman shows people how to manage their stress and improve their bottom line through humor and laughter. A former nurse, Karyn realized it was time to leave bedside nursing when, as she watched a movie starring Mel Gibson, caught her herself staring longingly... at his large veins. She began her career in speaking when she realized it didn't have to be done in 12 hour shifts, didn't involve body fluids, and didn't require white support pantyhose.

Karyn is an active member of the American Association for Therapeutic Humor, International Society of Humor Studies, National Speakers Association, co-founder of The World Laughter Tour, author of *This Won't Hurt A Bit!* and publisher of a quarterly newsletter, *Wits & Bits*. Her hobbies include making beds, folding laundry, washing dishes, vacuuming, and scrubbing toilets. (Would you like to buy a bridge?)

What Karyn Buxman, CSP Brings to Your Program

A highly sought humorist and nationally recognized expert in therapeutic humor, Certified Speaking Professional (CSP) Karyn Buxman shows people how to manage their stress and improve their bottom line through humor and laughter.

Karyn achieves this through two means. Karyn provides presentation designed to have audiences laughing and enjoying themselves, while at the same time taking home a message that will improve the quality of their lives and the lives of those they care for. Karyn has also created tools designed to reinforce this message long after the presentation is over. These include books, a quarterly newsletter, a bi-weekly e-zine, reports, articles (many available for your publications), toys, recommended reading and resource lists and more.

Karyn's presentations are based upon four cornerstones

Recognition: Today's average man and woman are being asked to do more and more with less and less resources. One of the most successful means of rewarding employees is through recognition, and while this can be easy and cost-effective, it is frequently overlooked.

Perspective: As Shakespeare once said, "Nothing is either good or bad. 'Tis thinking that makes it so." How you view life's challenges is a matter of perspective. Humor gives us the opportunity to twist, tweak, and play with our pain, allowing us to see it from a different (and healthier) angle.

Courage: Taking an active approach to humor may require some people to step outside their comfort zone. While this requires some courage, it is well worth the risk. If people don't change their attitudes and behaviors, they are not likely to get different results than they are already getting.

Awareness: Many people have heard that humor has many benefits, but feel that their situation is unique; that they don't necessarily have the resources to find and apply more humor in their lives. By raising their awareness, we can demonstrate that the resources are readily available to them, but it may require some conscious effort on their part to find it.

The attendees of Karyn's presentations leave with several takeaways: First and foremost, they feel entertained, a sense of fun! Because of the rapport building effect of humor, people walk away feeling more connected. They recognize that how they respond to life events is a choice, providing them with a greater sense of control. And finally, they leave healthier than when they walked in, a greater sense of well-being.

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS

KARYN BUXMAN MSN, CSP

TOPICS

CORPORATE

Amazed & Amused: Strategies of the Sane & Successful

Success is not measured only in dollars and cents, but also in the moments that you live amazed and amused. Customers are not really “yours” until they have been amazed and/or amused by your products, your services, or your people. Leadership finds its inspiration not in duty, but in grasping the amazing power of one’s vision and will, and in motivating the amusing diversity of many people’s personalities and skills. Bestselling author, business consultant, and observer of the human condition Karyn Buxman will take you on a life-changing, one-hour journey of humor and hope.

HEALTHCARE

Amazed & Amused: How to Survive & Thrive as a Healthcare Professional

Success is not measured only in dollars and cents, but also in the moments that you live amazed and amused. Balance is achieved not by see-sawing between opposites, but by accepting your place in the scheme of things, and by seeing it all as amazing and/or amusing. Surviving without thriving is not good enough, and we can only do our best when we self-create an attitude of amazement, and a perspective that encourages amusement. Bestselling author, RN, and observer of the human condition Karyn Buxman will take you on a life-changing, one-hour journey of humor and hope.

WOMEN

Amazed & Amused: How to Survive & Thrive as a Woman Today

Happiness is not “getting what you want,” it is being amazed when you do happen to get what you want, and amused when you get something else. Relationships are not based on compatibility, but on the ability to be continually amazed at your partner’s positive traits, and amused by his or her shortcomings. Life is the culmination not of years, but of experiences and memories that leave you amazed and amused that you got to enjoy this thing at all. Bestselling author, and observer of the human condition Karyn Buxman will take you on a life-changing, one-hour journey of humor and hope.

LEADERSHIP

I’m The Leader—Which Way Did They Go?

Successful people—in business, politics and life in general—have something in common: they understand that humor is an important trait for effective leaders. Ronald Reagan was a master at using humor on the world stage; the characters in M*A*S*H used humor to retain their sanity amid horrendous conditions; and your audience can learn how to use humor effectively in their daily work lives. Properly used, humor is a dynamic communication strategy that strengthens relationships, builds rapport, and enhances effectiveness. Karyn uses (hysterical) personal anecdotes, (solid) medical research, and (practical) tips to help your audience enhance their humor skills in the service of better leadership.

STRESS MANAGEMENT

I’ve Got One Nerve Left –and You’re Standing on It

Expanding responsibilities, shrinking budgets, cranky coworkers, family demands, too much to do and not enough time to do it! Is it any wonder that we’re all a little edgy? Find out how taking care of yourself can affect everyone’s bottom line. Learn how to get through the toughest of days and still remain smiling. Discover how to survive and thrive in a world of change.

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CLIENT LIST

Agilent Technologies
Allied Health Occupations
American General Finance
Blue Cross Blue Shield
CPCA
Commerce Bank
Contemporary Forums
Defense Mapping Agency
Department of Veterans Affairs
Division of Labor
Emmerson Electric
Florida Healthcare Association
GTE
HBOC
Heartland Bank
Illinois State Dental Society
Indiana Farm Bureau
Intermountain HealthCare
Iowa Health Care Association
Journal of Nursing Jocularity
Keane, Inc.
Life Care Centers of America
Lucent Technologies
Magee Women's Hospital
Mayo Clinic
Medical Managers Corporation
MFA Oil
Mississippi Nurses Association
Missouri Lottery
Oklahoma Nurses Association
Penn State University
Premier, Inc.
Professional Women's Alliance
Rockdale Hospital Ross Labs
St. David's Healthcare Systems
Sales and Marketing Executives/Topeka
School Transportation Supervisors of NJ
Scripps Memorial Hospitals
South Dakota Health Care Association
Steins, Inc.
Sungaurd
Tennessee Medical Managers
Texas State Department of Health
The Moses H. Cone Group of Health Care Services
The Valley Hospital
Unity Health System
University of Alabama
West Petroleum Marketers
Wells Rural Electric Coop

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TESTIMONIALS

"I understand you were a smash hit (rated #1 on Main Platform) at the Million Dollar Round Table Meeting. Congratulations! No surprise to us! You'll be pleased to know that you scored the highest audience ranking among all the speakers at our General Agents Conference. Thanks again for the major contribution you made to The Northwestern Mutual Life Insurance Company!"

Thomas R. Richards
CLU, ChFC
Northwestern Mutual Financial Network

"During this period of transition, change and continued uncertainty in the health care environment, the staff found your advice particularly valuable in helping us appreciate the real essence of our profession, and the importance humor plays in helping us handle stress and enjoy our work."

Nancy Lakier
Associate Administrator Scripps Memorial Hospital

"Your high energy presentation was exactly the kind of information we need in these days of downsizing and reorganizations. The humor is readily available in the workplace now that we know where and how to look for it.."

Carolyn Merrick
American Society of Military Comptrollers

"The group is still buzzing about your presentation... they truly picked up many useful tips and advice on how creativity, imagination, and humor can impact the way they do business."

Barbara Connell, CAE, CMP
Professional Convention Management Association