



The Ultimate Corporate Event Company

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Humour in the Workplace Speaker | Work–Life Balance

<http://www.kmprod.com/kate-davis>

Bio

Speaker Kate Davis has the unique ability to find humour in any situation and offer creative solutions to defuse frustrations in both the workplace and at home. A five-time nominee for the Canadian Comedy Awards who has opened for the likes of Bill Clinton and Barbara Walters, as well as the star of many television comedy specials, Kate's generous insight and hilarious presence is a powerful combination in helping organizations empower their staff with effective tools for managing stress and sustaining motivation.[morelink]

Topics

Out of My Mind... Back in Five Minutes: A Journey from Depression to Expression

Through sharing her inspiring, humorous and touching personal journey, Kate Davis provides audiences with techniques and practical tips to manage their **mental health** and stay healthy and positive even through the toughest times. [morelink]

MIND OVER LAUGHTER

Kate Davis explores how mindfulness through humour can help us achieve the kind of self-awareness that has the power to affect all areas of our lives in a positive manner. By focusing on the present moment and therefore letting go of negativity we are able to be more present to the life we are in and that is how we expand and create affirmative change. [morelink]

CONNECTIVITY

In "Connectivity," Kate Davis shows the audience how to establish, cultivate, and keep connections that lead to productivity and success both in business and our personal lives. [morelink]

BALANCING LIFE WITH HUMOUR

We Are All Jugglers and the First Ball to Drop is Usually Our Own

Kate Davis has the unique ability to find humour in any situation and to offer creative solutions to defuse the frustrations in the home and workplace. Kate's generous insight and outspoken character, provides a powerful combination to help organizations empower their staff with effective tools for managing stress and sustaining motivation. [morelink]

FUNNY MOMMY™ PARENTING WITH HUMOUR LECTURE AND WORKSHOP

Your Leisure Time Should not be Folding Laundry.

This lecture/workshop gives parents, caregivers, educators, social service providers the tools to help defuse the chaos and stress of their lives through humour. Kate helps them to remember themselves, accept where they are and not feeling guilty about where they are not. It combines stand-up comedy with practical techniques to raise children. [morelink]

STAND-UP COMEDY

Kate's comedy career started as a need to get out of her house. So one night after putting the kids to sleep she ventured into a local comedy club and never looked back! [morelink]

Kate Davis is represented by K&M Productions for speaking engagements. **For more information, Kate Davis' speaking schedule, [fees](#) & booking Kate Davis [contact us](#).**