



The Ultimate Corporate Event Company

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<http://www.kmprod.com>



**Motivational Humourist & Speaker;
The Lighter Side of Work & Life**

<http://www.kmprod.com/speakers/susan-stewart>

Bio

Speaker and motivational humourist Susan Stewart will give your group the lift they need. Susan helps people see the lighter side of life to lower stress, nurture strong mental health, and be resilient in the face of adversity and uncertainty. Susan also leaves everyone more uplifted and inspired to meet their challenges with a positive outlook, and of course, a sense of humour.

[morelink]

Topics

YOU GOTTA LAUGH:Healing Stress with Humour

Featuring some of her best PG-rated comedy, Susan will give your group the lift they need and share some ways to see the lighter side of the changes and challenges we face both at work and in life.

YOU CAN'T BE SERIOUS! Why Science Wants Us to Lighten Up

In the comedic style she is known for, Susan will have your group laughing at how we can take things too seriously and reveal the benefits of having a relaxed, positive mindset..

YOUR NEW LENSES ARE READY FOR PICK UP: Bouncing Back From *Adversity By Seeing Challenges In A New "Light"

While sharing a dramatic “plot twist” that occurred in her life several years ago, Susan offers ideas and perspectives that can help you get back up after life knocks you down.

**a version of this program that focuses solely on the topic of change is also available.*

THE MENTAL HEALTH MAKE-OVER: How Depression Helped Me Lighten Up

A program that both entertains and inspires, Susan shares how depression (and anxiety) once led her to quit stand-up comedy and what she has learned about nurturing strong mental health.

Stand-up Comedy

THE LAST LAUGH

This program is 100% pure PG-rated corporate-friendly stand-up comedy! Susan will send your group off energized, uplifted, and seeing the lighter side of life!

Host & M.C.

Need a funny emcee for your event? Susan has been hosting events for over 15 years and will keep your crowd laughing and make your event memorable. Susan has hosted events for: *The Richard Ivey School of Business, Health Canada, Ministry of Tourism, Ministry of Culture, Ontario Place, Ontario Public Service's Human Resources Awards, The Women In The New Century Conference* and many more.

Susan Stewart is represented by K&M Productions. To inquire about Susan Stewart's speaking schedule, **fees & booking Susan Stewart as your conference speaker contact us.**