

LAUGHING MINDFULNESS

Building Resilience through Laughter

PROGRAMME DESCRIPTION

We often build resilience in hard times and scientists have proven that a great way to overcome stress in hard time is with laughter.

Laughter is an expression to explore our perception of our inner and outer world. It is the best medicine in both physical and psychological to effects on wellbeing. It helps us to dissolve stress, tension and pressure in minutes. That would help us to become more positive and resilience.

Laughter gently leading us to creates a healthy working environment by letting of ego, judgement and connect us with one another. It increases engagement in team work with more harmonious, increase work performance and decrease absenteeism and staff turnover.

Mindfulness is consciously aware of our thoughts, state of mind and responses. Through being mindful how events and people affect our feelings, we could make more constructive and productive choices that enhance work performance and interpersonal functioning.

Participants will experience the difference in increasing happy hormones and relaxation after a fun laugh session!

PROGRAMME OBJECTIVES

- **Reduce negative emotions and beliefs** that holding us to achieve our current goals.
- Create awareness and learn the difference in **more balance state of mind to overcome challenges.**
- **Cultivate new habits and bring awareness** to thoughts and feelings to achieve better performance by letting go of daily stressors.
- Light up a more liveliness living by having **more laughter and ease that drive better work performance.**

TRAINER / COACH

SC Chung

Certified trainer & master coach for NLP, Time Line Therapy® & Hypnotherapy Trainer.

PROGRAMME OUTLINE

The importance of being Resilient

- The Pursuit of Resilient - What do you know about Resilient?
- The 2A Equation: Action + Adversity = Resilient
- Briefly identify the characteristics of subconscious mind.
- Relationship between subconscious mind & resilient.

Develop self-awareness on mental state

- Identify triggers to negativity in state of mind that affect work performance.
 - List out judgement and obstacles.
- Mindfulness and the importance of it
 - Being present that allowing more focus at work
- How we can develop a new way of living by training ourselves to be more mindful:
 - Awareness energises our focus
- List out personal goals, positive affirmation & keys to produce better results.

Laughter mindfulness

- The magic of laughter
 - Awareness increases when we laugh
- How we can use laughter to build positive mindset in achieving our goals.

Experiential laughing session to induce happy hormone and positive mindset

- Induces positive state of mind in achieving goals:
 - Fun warm up laughter
 - Positive affirmation
 - Role play to success

Progressive Relaxation

Calming down & embed positive state of mind into subconscious mind to enhance resilient in achieving goals.

Closing Inspiration with Q & A

- ▶ Reflection and imprint our senses to enhance motivation.
- ▶ Reaching out to connect with joy & laughter

Reviewing and questioning

SPEAKER PROFILE

SC CHUNG - HAPPINESS COACH

SC is an approachable lady. She is constantly curious about human behavior and how our mind work. Her curiosity has helped her transform from being a misunderstood introvert person due to her emotional nature to a Happiness Coach. Her passion inspired her to help many to deal with life issues.

Since 2003, she has chance to help locally and overseas clients to find the missing pieces and discover what's stopping them from moving forward. She guides many to reach to the next level of feeling complete, uncovering peace and joy by having closure with the past, setting themselves free to live in their full potential.

After almost two decades of “being serious” in life coaching business, today, she is more determined to induce joy and laughter in her group sessions as fundamental to boost morale, motivation and bonding for her participants.

SC is trained overseas in various coaching and psychological methodologies, and extensively in meditation. Now, she practices methodologies from branches of psychology, including Psychology of Vision, Family Constellation and is certified trainer and master practitioner in Neuro-Linguistic Programming (NLP), Time Line Therapy® & Hypnotherapy.

