

HUMORFUSIONsm

Successful Strategies for People Under Pressure

Roz Trieber presents effective strategies for using humor and laughter to cope with health issues and survive under pressure. Roz shows you how to find humor in adversity.



What clients have to say:

“Empowering Employees through Humor and Creativity..You gave them a lift, showed them the benefits of laughter then sent them away with a positive attitude.”

- S. Rimmel-Executive
Director of Prologue Inc.

“Bravo, Roz! You helped even the saddest and most downcast person to stand up and sing her name.”

- Bev Osman,
Baltimore Cancer Support Group

“You skillfully blended the research on laughter and humor with the application to counseling and personal self-care. We learned a great deal in a fun way.”

- Nancy G. Westburg, Ph.D., Professor
Graduate Education, Rider University

“Thank you for providing us with fun, real life examples of stress-reduction techniques that we can incorporate into our daily routines.”

-Jay Eagen
Chief Administrative Officer; Federal Government

“Your one-on-one interactions with the audience members showcased your ability to make people feel “heard”, understood, and more in control of their lives. You were the perfect combination of educator and performer.”

- Jeri L. Falk, President and CEO
LUPUS Mid-Atlantic

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HUMORFUSIONsm FOR HEALTHCARE

Combining Humor and Creativity to Cope with Life's Challenges

- ◆ Discover humor and improvisation strategies that will help you **reduce anxiety and stress** while increasing problem solving abilities, change your mood, and build positive relationships
- ◆ Demonstrates the role **HUMORFUSIONsm** plays in putting you in **CONTROL** of the challenges life throws your way
- ◆ Provides interactive exercises that help identify your comic vision and stimulate healthy laughter
- ◆ Identify the power of humor and improvisation as coping strategies
- ◆ Enables attendees to laugh off fear and identify the positive parts of their lives



Roz Trieber, health educator and creator of **HUMORFUSIONsm**, has over 20 years' experience teaching people how to manage stress and laugh at life.

HUMORFUSIONsm combines evidenced-based humor and simple improvisational skills to facilitate healing in adverse situations. Roz presents her effective and creative programs to healthcare, business, and educational organizations such as the Center for Medicare and Medicaid, Shepherd Pratt Health Care System, Towson University, National Institutes of Health, Johns Hopkins Breast Cancer Retreat; Environmental Protection Agency, Baltimore Marriott Inner Harbor, and Piper Rudnick, LLC. Roz's programs create an experience that entertains as well as builds and encourages enhanced learning in the classroom. Roz is the author of *Live Life Laughing* (2000).