

Wonderful – it's given me a set of new ways to introduce and develop concepts of healthy behaviour... and it was fun!

Alan Clinch, Lecturer at Jewel and Esk College (East of Scotland Staff Development Collaborative Group)

Sharon's expertise is invaluable and energy inexhaustible. It was an inspiration to see her in action. Her sessions helped build teacher capacity and gave strategies and skills to teachers.

*'Making Language Alive' Staff Training
Isha Home School, India*

The benefits are almost immediate, too. In the days following the workshop, I find that I'm laughing more often, but that I'm also calmer in everyday life and better at dealing with small stresses and niggles.

Kirstin Innes, The List magazine

I felt very fortunate to be part of the sessions and found them to be an amazing vehicle for self expression for the boys.

Lorna Walker, English Teacher, Ferdinan Creative Arts Project, Quarriers Seafield School, Adrosson

Joyworks! Training day has made such a difference, everyone has been raving about it and saying it's been the best training they have ever had... Thanks so much, your energy is just amazing and infectious!

Sheena McDonald, Manager, Scottish Autism 'Laughter, Movement & Music Training Day'

Joyworks! exhilarating events are here to improve wellbeing, reduce stress, increase energy, create 'feelgood' chemistry and inspire people to do things differently. And they're so much fun!

Weekend Certified Laughter Yoga Leadership courses

A life-changing weekend. Qualify to lead others, offer more to your clients, groups or colleagues, or to aid personal self-improvement. Learn simple, effective techniques for everyday happiness.

EDINBURGH	24th & 25th August
EDINBURGH	17th & 18th May
ABERFOYLE RETREAT	15th, 16th & 17th Nov

Revitalise!

An event to relax, re-invigorate and rejoice in fun! Laugh and learn and be reminded that perspective is everything!

GLASGOW	Sun 14th July & Sat 2nd Nov
EDINBURGH	25th July & 22nd August
DUNDEE	Sat 17th Aug & Sat 9th Nov

FREE EVENT FUNDED BY



EDEN COURT, INVERNESS
29th August

Making Language Come Alive

Learn fun activities and strategies which will develop young people's foundation skills in literacy, academic success and social interaction.

GLASGOW	Sat 23rd Nov
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Joyworks! fast track teambuilding with a difference

@joyworkslaugh sharon@joyworks.co.uk

Joyworks!



'I leave feeling good about the world and its people'

The Herald



07842 414 765 www.joyworks.co.uk

Joyworks!

We're passionate about increasing happiness and reducing stress. We run bespoke training courses and events that combine laughter yoga, creative play, competitive games and powerful drama strategies. We help people relax, feel invigorated and shift perception. Our approach brings scientifically-proven results and consistently outstanding client feedback.

Joyworks! is led by Sharon Miller who has over 20 years experience in arts, education and rehabilitation. She trained in India with the founder of laughter yoga, Dr Kataria, and has won a Social Enterprise Award.

Sharon and her talented team offer a variety of courses and events for people of all ages, abilities and backgrounds.

To facilitate positive change in the corporate, health and education sectors, for charities and groups, Joyworks! designs:

- health days
- awareness days
- conferences
- board meetings
- team-building days
- stress management
- away days
- theatre projects

We run regular public events and training courses for individuals too.

We are experiencing a time of massive and ongoing change - the workshops allowed staff to forget their daily stresses and gave them ideas they can take forward. Fantastic!

J.G Bayliss, Coca Cola Enterprises Ltd

The rest of my day was on a high and I felt energised and happy.

The Daily Record

Health benefits of laughter

- scientifically proven to reduce stress and improve the ability to cope with stress
- balances hormonal system
- improves oxygenation, produces endorphins and releases neurotransmitters
- creates 'feelgood' chemistry that acts as a natural painkiller and accelerates healing



Workplace benefits

Joyworks! has an impressive track record in the corporate and public sectors, providing successful tailored sessions for the likes of Coca-Cola, the NHS and BBC Comedy.

Regular laughter sessions have proven results:

- increased energy levels
- improved commitment and motivation
- increased performance, efficiency, innovation and problem-solving abilities
- boosted team morale
- reduced absenteeism

Laughter Yoga

Laughter yoga is a powerful combination of laughter exercises and breathing, which anyone can do. We use some laughter yoga within Joyworks! events. This exercise began in India and is now a popular global movement for health, joy and peace.



Certified Laughter Yoga Leader Training

We train people to be qualified Laughter Yoga Leader professionals. Some are educators and health professionals keen to use it with colleagues, clients and groups, some are therapists or teachers who want to offer more to their clients, some are individuals who want a happiness boost or to learn new techniques to help them cope with everyday life.

- train to facilitate laughter yoga classes or start a laughter club
- use it within groups as a therapeutic and team-building tool
- for personal growth and wellbeing
- internationally-recognised qualification
- feel empowered and inspired

It's the most inspiring, uplifting training I have ever done. Take the course - it changed my life.

*M.Gaughan, Lecturer & Laughter Yoga Leader,
Napier University*