



Sebastien Gendry

Expert in Laughter, Wellness

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“Stress lifted from my body. It lifted from my soul.”
-Reggie Wells, Oprah Show



Speaking Topics

From Ha Ha To Aha!

Stress Management

Resilience

Engagement

Work/Life Satisfaction

Workplace Wellness & Wellbeing

Discover, experience and learn in a dynamic, stimulating and effective way meaningful, relevant and applicable tools, techniques and strategies that spark laughter, naturally diffuse stress and unleash positivity to optimize wellbeing, resourcefulness and productivity.

All of Sebastien’s programs include a free 6-month follow-up: What this means is that each month for 6 months your employees will get a refresher video reviewing a particular key aspect of the program he delivered. They will also have the option to ask questions by email so that they are not left alone with their questions unanswered.

Bio

Sebastien Gendry is a leading expert in laughter for wellness and wellbeing. He teaches every year on 3-4 continents since 2008. His authentic and engaging style motivates and empowers audiences with proven, practical and powerful tools they can use right away & get immediate results from.

As seen in:



1- hour sessions • Keynote addresses • Half-day seminars • Full day seminars



U.S. Department of Veterans Affairs

