

## The Laughter Wellness Guy

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### Sebastien Gendry

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Websites: [www.sebastiengendry.com](http://www.sebastiengendry.com)  
[www.LaughterWellness.org](http://www.LaughterWellness.org)  
[www.LaughterOnlineUniversity.com](http://www.LaughterOnlineUniversity.com)  
[www.TheLaughterConsultants.com](http://www.TheLaughterConsultants.com)

Facebook: [www.facebook.com/laughwellness](http://www.facebook.com/laughwellness)  
Twitter: [twitter.com/laughwellness](https://twitter.com/laughwellness)  
Instagram: [www.instagram.com/sgendry](http://www.instagram.com/sgendry)

### Bio

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(<http://lou.pm/100words>): Sebastien Gendry is a France-born American speaker, trainer and consultant, expert in laughter for wellness and wellbeing. He played a major role in introducing Laughter Therapy in North America, Russia and other countries. He has been offering a variety of laughter programs every year on 3-4 continents for the past decade and continues to do so. He is the creator of the Laughter Wellness method, a complete wellness and well-being workout. He has appeared in multiple media in the USA and abroad including the Oprah Winfrey Show, 60 minutes and ABC Good Morning America.

**Press bio (300 words):** <http://lou.pm/300words>

**Full bio:** <https://www.sebastiengendry.com/bio> • **Speaker One Sheet:** <http://lou.pm/1sheet>

### Topics

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I offer a variety of interactive and levity-filled employee enrichment programs designed to educate, inspire and empower people on the topics of:

- Stress management, self care and resilience
- Engagement
- Work/Life Satisfaction
- (Workplace) Wellness & Wellbeing

**Example:** *Laughing, Happy and Well.* Come discover sound, simple and effective strategies for laughing away stress, tension and pressure in minutes! You will experience a range of joy-filled techniques and exercises that spark laughter, arouse smiling, pleasant feelings and positive energies, and offer a whole new way of unleashing positivity, peace of mind and promoting multiple aspects of wellbeing.

### Assets

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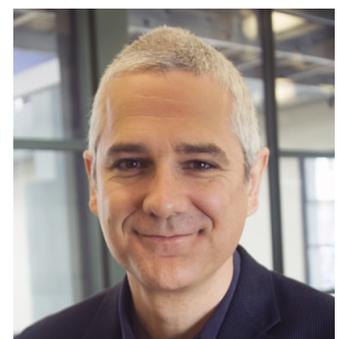
**Media kit:** <https://www.sebastiengendry.com/media>

#### Photos of Sebastien Gendry

- Photo 1: <http://lou.pm/portrait>
- Photo 2: <http://lou.pm/square>
- Photo 3: <http://lou.pm/landscape1>
- Photo 4: <http://lou.pm/landscape2>

#### Videos

- TEDx Manhattan Beach 2017 (Duration = 12:57): <http://lou.pm/tedx2017>
- Seated Laughter Wellness class (Duration = 1 hour): <http://lou.pm/1h>
- Testimonials: <https://www.sebastiengendry.com/testimonials/>



## Events Logistics

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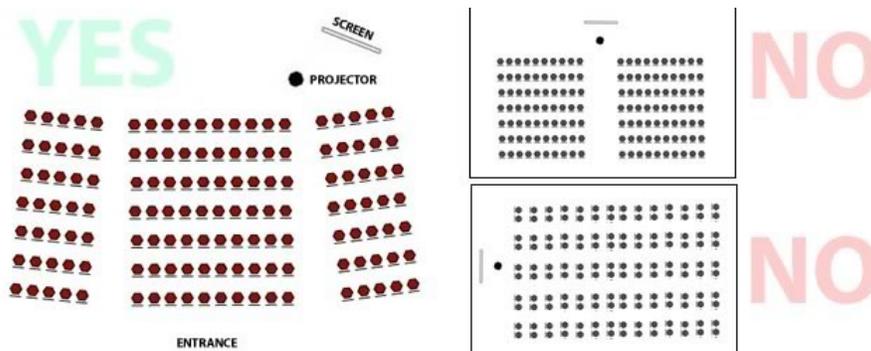
**Room size:** In the best case scenario there is space to move around, e.g., a room with no tables and chairs placed against the walls. This being said I can work with any group size in any setting. Please provide 1 table at the back of the room to give away handouts.

**Lighting:** Full house lights, please. People remember more, respond more, and laugh more in bright conditions. It also helps to see everybody's faces.

**Room Temperature:** A room full of people engaged in dynamic activities can get stuffy, fast. It is preferable for the room temperature to be on the cooler side. It's also great if I know either how to adjust the temperature myself, or the name of the person to whom I must speak to have the temperature adjusted.

### Seating:

- For small groups: Chairs in a circle
- For large groups: If possible aim for the following chairs layout:



- The distance from the first row of seats/tables to the stage should be no more than 10 feet. The closer the first row is to the podium, the better.
- Use two smaller side aisles on either side of center versus a center aisle. The best seats in the house – directly in front of the speaker – are often wasted in a large empty aisle.
- Tip: Rope off or remove the back few rows of chairs until 10 minutes into the keynote, and have a couple of door hosts direct the participants to use the empty seats from the front up and bring in extra chairs if everybody does show up. It looks much better.

### Audio-visual requirements:

- Audio with a standard 3.5mm mini jack to connect to a computer or ipod (to play music).
- Sound amplification.
- 1 flipchart or blackboard with three colors of markers.
- If more than 25 people: Wireless headset or lapel microphone.

**Liability insurance and disclaimer forms:** I carry my own public liability insurance and am happy to provide you with a copy upon request. I do not use disclaimer forms (from a legal viewpoint they offer no real protection) but am happy to comply if this is something you require.

**Sebastien's food preferences:** In case you will provide food (which is much appreciated), please plan for a vegan lunch and/or dinner (e.g., a salad) and water.