



Counselor and stand-up comic David Granirer has motivated and uplifted thousands with his laughter in the workplace keynotes and workshops. Studies show laughter positively affects our mental and physical health. Granirer's presentations show people how to "lighten up" at work and at home, while energizing individuals and enhancing group morale, trust and support.

Audiences will learn how to bring laughter and playfulness into their lives, reducing stress and tension, increasing productivity, improving health and wellness, and increasing their ability to cope with change. Granirer's entertaining, interactive presentations are packed with practical information and techniques that can be put to work immediately by individuals and organizations. His playful humour and creative group facilitation style turns any speaking engagement or training session into a fun, inspiring, and applicable experience.