



Lois will tell you, "There's nothing funny about living with a brain injury ... but there's plenty to laugh about."

Dakota Prairie Helping Hands CONFERENCE
Sunday, November 16, 2008

Hettinger Session: Location - Address / start time — finish time

Bowman Session: Location - Address / start time — finish time

Hangin' on with Humor When Life Looks Ugly: Lois combines a captivating character performance with her brain injury signature story, and shares the emotional journey of adjusting to a sudden life change. She stimulates audiences to examine their own response to challenge and adversity, and relates how they can use the power of humor and the magic of laughter to cope with the unpredictable swift pace of life and survive life's difficulties. Participants feel inspired with hope and equipped with valuable insight and practical solutions that they can use to handle the tensions and demands of care-giving, so they can maintain a healthy care-giving relationship, take care of themselves, and still enjoy life in the midst of trying times.

Plus a BONUS Mini-Workshop - Humor in Sensitive Situations: Participants will gain an understanding of how they can use humor in sensitive situations. They will learn what makes us laugh by examining three humor theories; how humor helps us to heal; how to use humor without causing offense; seven guidelines to introduce humor in sensitive situations like disability, illness, loss; how to deflect hurtful humor; and three ways to respond to negative humor.



by Lois McElravy

Hangin' on with humor when life looks ugly . . .

For more information,
contact Debbie Molbert
Phone: 701-567-4975
or E-mail:
dphospic@ndsupernet.com

