



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

Motivational Humor from Lois McElravy



Lois McElravy works with organizations who want to learn how to use the **power of humor** and the **magic of laughter** to handle the demands and pressures of work and home, and be better equipped to:

- * maintain a flexible perspective
- * cope with stressful emotions
- * deal with difficult people
- * adjust to constant change
- * recover with resilience
- * discover creative solutions
- * produce positive outcomes
- * and have more fun.

Lois McElravy

will tell you from personal experience, "There is nothing funny about living with a brain injury. But there is plenty to laugh about."

The same principle holds true when trouble strikes at work or home. There is nothing funny about everyday disruptions, unexpected difficulties, uncontrollable influences or dealing with constant change. But there is plenty to laugh about, if you "develop your humor habit."

Lois' keynotes

entertain, inspire and stimulate audiences to examine their own response to challenge and adversity. Hilarious personal stories, "Lessons from Lois" contain life-changing insights, humor strategies and practical solutions to cope with the unpredictable swift pace of life. Her universal message renews hope and motivates others to commit do the small things so they can conquer their challenges one day at a time.

Hire Lois to:

- * Kick off your conference with a surprise or close with a punch.
- * Present humor workshops or change and adversity programs/trainings.
- * Provide luncheon and banquet keynotes or evening entertainment.
- * Revive your business or organization with personalized on-site programs.

Lois McElravy ★ 406.251.2887 ★ lessonsfromlois.com

"Lois, as time goes by I find myself using many of your statements to not let people or things get to me. Thanks for the speech."

Dave Kelly/ MT Dept of Transportation

"We were entertained, inspired and reminded of the power of humor during Lois' presentation at our annual banquet. Lois was absolutely wonderful and the feedback from attendees has been great. She truly made our banquet a delightful evening."

Laura Schreiber/Sidney Chamber of Commerce

"Lois made our Women's Expo. She brought laughter and a lot of thought to kick-off our fifth annual event. The audience laughed and cried as they took in her message of learning to deal with adversity. She showed how a very successful woman could be knocked down but not out - how to overcome and succeed no matter what life throws your way. It will be hard to find anyone with as much pizzazz, humor and personality."

Ruth Newman/Dickinson Press



"When life knocks you down, humor is the magic wand that cushions your fall, lifts you back up, and points you in a new direction."

Lois McElravy



Lois' Most Requested Programs



What do you do when life looks ugly? *Character Keynote/Signature Story— Keynote*

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 shares strategies to cope and adapt to change.

Hangin' on with Humor when Life Looks Ugly — *Keynote*

Participants rave about Lois' three-step process which equips them to use the power of humor and the magic of laughter to take the sting out of disappointments, deal with difficult people, manage frustration, gain a new perspective, maintain a positive attitude, renew energies and have more fun.

Adversity Builds Diversity — *Transform Troubles into Triumphs* — *Keynote*

Lois entertains and teaches with personal stories that reflect how she navigated through the unexpected difficulties with her disability and then her speaker business. Participants learn how to develop survival strategies, and acquire a thriver attitude, so they can transform troubles into triumphs.

Humor Workshops — *Develop Your Humor Habit*

Things don't always go as planned and life doesn't always make sense, which is why we need a well developed sense of humor. Participants learn how to use the power of humor and the magic of laughter to reset stressful emotions, build relationships, deal with the unpredictable swift pace of work and home, and have more fun. Choose from six different one hour workshops or combine two or three to create a training.

There's Nothing Funny About Managing the Emotional Side of Change — *Training*

None of us are immune from the chance that our life could suddenly change. Companies re-organize, jobs end, marriages fail, children grow up and leave home (and come back), friendships fade away, health deteriorates, death occurs, and accidents happen. A successful transition demands that we first manage the human emotions surrounding change.

ADD/ADHD Beast or Blessing? — *Training*

Participants cling to every word provided by Lois' unique perspective, gaining valuable insight and a better understanding of ADD/ADHD. They leave feeling hopeful, because they are equipped with knowledge and strategies that they can immediately apply to conquer their chaos.

Early Childhood Program - Adults gain a better understanding and learn how to help children develop systems and strategies to manage ADHD behaviors, so children can build positive self-esteem, develop healthy relationships, succeed and feel happy.



Louis creates a memorable visual and delivers a message that is not easily forgotten.

Lois' character keynote opens when Louis takes the stage and reminds the audience about the power of humor and the magic of laughter. Dancing to a Shania Twain song, Louis cleverly transforms into Lois, who relates what Louis' transformation represents.

"Lois/Louis offer a dynamic presentation that provokes the audience to open both mind and heart. Through their story our leadership was refreshed to the potential of success from failure, of the effort that perseverance takes, of the demand and risk of appearing foolish, and of the myriad of professional and personal masks we offer each other and so readily take up ourselves. Lois and Louis share a slice of their journey and in such a lesson of the journey that we are all on in our relationships with our customers, colleagues, families and communities."

Geoffrey M. Lauer / National Director of Affiliate Relations Brain Injury Association of America (BIAA)

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