

# Professional Background

## Motivational Humor Speaker

### Humor Expert

Lois' expertise in the field of humor stems largely from personal experience. Lois developed a knack for finding a humorous perspective to cope with the adjustment of learning to live with a brain injury. While participating in a brain injury documentary at the University of Montana in 2003, Lois learned what a vital role humor played with every participant in coping, accepting, adjusting, recovering and moving forward with their life in a positive direction. Since then, she has studied humor and laughter continually. Lois discovered that the humor strategies she uses and the principles she practices to deal with the challenges of living with a brain injury contain universal messages and benefits that easily transfer to the workplace and everyday life.

### Adapting to Change / Managing Change Expert

Lois knows first-hand about the distressful paralyzing effects caused from dealing with sudden change. But, it doesn't take a life-change like brain injury to push someone past their limits. In today's fast-paced unpredictable and constantly changing world, no one is immune from dealing with everyday disruptions, unexpected difficulties, and uncontrollable influences. Lois learned early on that in order to make a successful transition, it is critical to manage the human emotions surrounding disruptive change first. The quicker she let go of her disappointment, the better she could think, problem solve, make good decisions, and do her best job. She reminds others that "uncertainty is the norm" and equips them with tools to turn their troubles into triumphs. Participants learn how to quickly regain their emotional stability, let go of their expectations, take inventory, and deal with their new reality.

### Overcoming Adversity Expert

Lois is a master at finding value and opportunity in events outside of her control. Lois knows from personal experience that adversity leads to discovery. She believes that every detail in our life has significance and every circumstance provides the opportunity for us to gain an insight, develop a deeper understanding, learn a lesson, or turn us onto the path leading to our purpose. Lois inspires participants to listen to their "little voice," boldly ask for help, and believe that no matter what happens to them, they can figure it out and even find a way to turn it around to their advantage. Participants gain confidence in their ability to figure things out and acquire the courage they need to take risks and try new things.

### Business Background

Advertising coordinator for Buttrely Food Stores (11 years); Independent Contractor/Sales and Service Representative for 15 companies in 20 retail stores (2 years); Board of Directors for the Brain Injury Association of Montana (7 years); Board of Directors for Missoula Businesswomen's Network (4 years); Board of Directors for Northwest Speakers Association (1 year); Adult Education Instructor for Dickinson Lifelong Learning.



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

Lois McElravy ★ 406.251.2887 ★ [lessonsfromlois.com](http://lessonsfromlois.com)

### Professional Speaker

2006 presented at 26 events

traveling outside Missoula 10 times (3 out of state)  
16 keynotes (featured speaker) plus  
23 additional trainings (10 humor workshops)

**Brain Injury Conferences:**

Wisconsin, Kalispell MT, Casper WY

2007 presented at 29 events

traveling outside Missoula 17 times (7 out of state)  
19 keynotes (featured speaker) plus  
25 additional trainings (9 humor workshops)

**Brain Injury Conferences:**

Nashville TN, Grand Island NE, Vail CO, plus  
HHSS conference in NE

In May of 2007 Lois was accepted as a member of National Speakers Association.

NSA requires a speaker to provide documentation of being paid to speak at 20 events in one year.

2008 presented at 23 events

Traveling outside Missoula 10 times (2 out of state)  
13 keynotes (featured speaker) plus  
21 additional trainings (11 humor workshops)

**Brain Injury Conferences:**

Bozeman, MT plus HHSS conference in NE

Lois' character performance keynote is her most requested program by businesses or organizations. Humor workshops are number two. Meeting planners frequently book Lois to be their featured speaker at annual events or at conferences with a keynote and to present an additional break-out session on humor topics, overcoming adversity, adapting to change, living with ADHD or brain injury topics.



*"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

