

Karyn Buxman

Short Bio

Audiences love Karyn's message of laughter and leadership. Karyn is a neurohumorist, one who researches the neurobiology of humor, and then translates these cutting-edge findings for professionals. She shows how they can harness applied humor to improve and empower themselves. Karyn's presentations inspire cultural change within organizations that result in better customer service, greater productivity, enhanced morale, and employee loyalty. Karyn is committed to teaching as many people as possible to transform their lives with laughter. In addition to speaking to thousands of people every year, she is the author of *Amazed and Amused*, *Lead with Laughter*, and has an online training program. Karyn shows all audiences that change within an organization is possible- and it can be fun!

Full Bio

Audiences love Karyn's message of laughter and leadership. Karyn is a neurohumorist, one who researches the neurobiology of humor, and then translates these cutting-edge findings for professionals. She shows audiences how to harness applied humor to improve and empower themselves. Change is possible- and it can be fun!

Because Karyn's main goal is to improve business through laughter, she lives and breathes humor for resilience, communication and engagement. She delivers life lessons in a fun, laugh-out-loud kind of way that is powerful, practical and inspiring.

Karyn is committed to teaching as many people as possible to transform their lives with laughter. That's why in addition to speaking to thousands of people every year, she's:

- Author of "Amazed & Amused"
- Contributing Author to several "Chicken Soup" books
- Author of "Lead with Laughter" (book) and "Lead with Levity" (online training)
- Created, wrote & published the multiple book series: "What's So Funny About...?"

You'll also find Karyn in *Investor's Business Daily*, *US News*, *World Report*, *Women's Day*, *Shape* and *Marie Claire* as well as professional journals including *AJN*, *AORN*, *AACN*, and *Journal of Psychosocial Nursing*. Still want more? Karyn is a frequent radio and television guest.

Karyn is in the National Speakers Association's Speaker Hall of Fame. She is a proud recipient of the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. She serves on the advisory boards of the Invisible Disabilities

Association and the American Happiness Association. She is also the co-founder of World Laughter Tour.