

Karyn Buxman (Bucks' men)

Our speaker this (morning/afternoon), Karyn Buxman, has shared the platform with world famous leaders, rocket scientists, Olympic Gold Medal Winners and celebrity ball players. A little known fact is that Karyn was active in athletics and even lettered twice in cheerleading. The first letter asked her to resign from the squad. (pause...) The second letter asked her to return the uniform!

While her classmates were dissecting frogs, Karyn was dissecting humor. Through her years of research and experience she's determined that humor offers benefits in the workplace that move groups forward and allow individuals to live more positive, productive and happier lives. Clients range from the Mayo Clinic to the Million Dollar Round Table and they hire Karyn to entertain, educate and inspire their audiences again and again.

If writing burned calories, Karyn would be a Size 2. She has written numerous books, has been published in numerous professional journals, and has appeared in magazines ranging from *Women's Day* to *Investors Business Daily*. She's received 'The Lifetime Achievement Award' from the Association of Applied & Therapeutic Humor, and is one of 39 women in the world to be inducted into the 'Speakers Hall of Fame'.

Today she'll share with us how harnessing humor and positive emotions will empower us to live more successful, significant and happier lives. Please help me welcome our new friend, Karyn Buxman.