

# Karyn Buxman

- **Lead with Levity**  
***Strategic Humor for Successful Leaders***

Successful people—in business, politics and life in general—have something in common: they understand that levity is an important trait for effective leaders. Churchill, Kennedy and Reagan were all masters at using wit on the world stage; the characters in *M\*A\*S\*H* used gallows humor to retain their sanity amid horrendous conditions; and your audience can learn how to use humor effectively in their daily work lives. Properly used, levity is a dynamic strategy that enhances communication, strengthens resilience, and increases engagement. Karyn uses (hysterical) anecdotes, (solid) research, and (practical) tips to help your audience leverage levity in the service of better leadership.

This program provides leaders at every level with the skills to harness humor so that you—and those you lead—can build resilience, enhance communication, and boost engagement. Lessons include how to utilize humor even if you're not funny; how to use humor to inspire and motivate; how humor can enhance creativity; and how to keep humor from blowing-up in your face. When humor occurs by chance it's entertainment. But when you use humor by choice you get results. Now you're harnessing an amazingly powerful tool that will help your people experience more success, significance, and happiness.

[Leadership: Keynote/breakout/workshop]

- **I've Got One Nerve Left—and You're Standing on It**

Expanding responsibilities, shrinking budgets, cranky coworkers, family demands, too much to do and not enough time to do it! Is it any wonder that we're all a little edgy? Find out how taking care of yourself can affect your sanity, your success and everyone's bottom line. Learn how to get through the toughest of days and still remain smiling. Discover how to survive and thrive in a world of change.

[Resilience/Change/Stress Management: Keynote or Breakout]

- **Funny Means Money!**  
***Humor in Sales as a Competitive Business Edge***

You don't need to use humor in sales... unless you want to be profitable! Any salesperson worth his or her salt knows humor is a great sales tool. But knowing it and doing it can be the difference in closing that sale—or not. Neuroscience reveals that “logic tells—emotion sells.” Humor is a fast, simple, and cost-effective route to the emotions. When used correctly, humor helps the seller break down objections, holds the buyer's attention, opens the buyer's mind, increases the seller's likability, and strengthens rapport. When used incorrectly... well, don't go there. Instead, join neurohumorist Karyn Buxman and laugh all the way to the bank.

[Sales: Keynote or breakout]

- **Amazed & Amused: Strategies of the Sane & Successful**
- **Build a Better Brain- Through Humor**
- **I Know You Think You Understood What You Thought I Said**