



# Laugh Often, Live Well

by Julie Ann Sullivan, MBA

- Would you be interested in how you can boost your immune system?
- Do you ever feel stressed?
- Are you interested in learning how to have more fun throughout your day?

If you answered yes to any of these questions, then you are going to benefit from this highly interactive and fun presentation!

## Learning Objectives

- Learn 14 physical and emotional benefits of laughter
- Strengthen the ability to create spontaneous laughter
- Discover appropriate humor at work
- Recognize the power of choosing a new perspective
- Acquire the principles of Good Hearted Living™



## Biography

Julie Ann Sullivan is known for her emphasis on **attitude and accountability**. Her clients appreciate her interactive programs that always include a good dose of humor. If you're looking for a speaker that will **engage, inspire and share valuable practical ideas to create more success**, then Julie Ann Sullivan is the speaker for you.

Julie Ann Sullivan is the Founder of Learning Never Ends. She has a diverse educational background, which includes a BA in Psychology and an MBA in Accounting. Julie Ann's continuous study of human behavior and 30 years in the financial industry, including her CPA designation, give her a unique expertise on business from the inside out.

Julie Ann is a professional member of the National Speakers Association, accomplished author and host of the Mere Mortals Unite podcast, now streaming around the world.

*"On behalf of our entire Regional Staff, I would like to share my appreciation and gratitude for your unconventional presentation and approach to dealing with the pressures and stresses that come with any professional job. It was amazing to see how something as simple as 'laughter' can make a positive impact on a corporate office's mentality when dealing with difficult and stressful situations. ... Your confidence in what you do and your passion to help others live a better and happier life is apparent." – DEB MOSSA, VICE PRESIDENT, GENERAL MANAGER, PHILADELPHIA REGION, MCDONALDS USA*