

Reset the room. Reconnect the people.

A laughter-led, professionally facilitated experience for teams carrying too much pressure and too little real connection.

SHAREEN RICHTER | LAUGHTER COACHING

TEDx SPEAKER

SINCE 2009

SOUTH AFRICA



STATE BEFORE STRATEGY | SERIOUS IMPACT. JOYFUL DELIVERY.

What your team can expect

RELEASE PRESSURE

A brief interruption to the stress and seriousness of the workday.

LIFT THE ENERGY

Breath, movement and laughter that help people re-engage with the room.

RECONNECT PEOPLE

A shared experience that helps colleagues feel human together again.

The Felt Shift Method™



No jokes to tell. No one is singled out. Every exercise is optional.

Choose the Human Reset format that fits your room

1 Meeting Energiser

20-30 MIN

Open or close a meeting, wellbeing moment or team event.

2 Team Experience

45-60 MIN

An interactive reset for tired, stressed or disconnected teams.

3 Conference Keynote

45-60 MIN

A joyful, participative session for conferences and leadership forums.

Bring The Human Reset to your room.

Tell Shareen what you are planning and receive a tailored recommendation.

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