WHAT IS THE WORLD LAUGHTER TOUR?

MISSION: World Laughter Tour is the leading source for training in therapeutic laughter, a vast resource of information, ideas & news about healing with laughter; a dedicated advocate of the role of emotions and attitudes in health and happiness; helping people achieve their fullest potential by enjoyable, systematic, life-affirming self-care strategies.

VISION: Together we can lead the world to health, happiness and peace through laughter and the formation of World Laughter Tour Laughter Clubs.

PRINCIPLES:
Our Laughter Clubs are
Non-Political
Non-Religious
Non-Exploitive
Non-Perfectionistic
Non-Threatening
Non-Competitive
Not a cult
Everyone is welcome

SLOGAN: “Think Globally, Laugh Locally”

SERVICES:
😊 Training “How To Create Therapeutic Laughter and Laughter Clubs”,
😊 Continuing Education credits for activity therapists, nurses, psychologists, counselors, social workers, marriage & family therapists, and health educators
😊 Keynotes, Talks, Seminars & workshops for energizing and informing association & corporate meetings
😊 Media appearances by appointment
😊 FREE electronic newsletter
😊 Extensive website with links to current research and articles of interest, books, tapes and other resources

NEED MORE INFORMATION?
Ph. (Int’l): 614-855-4733
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Columbus, OH 43230
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Web site: www.WorldLaughterTour.com

Answers to Frequent Questions About World Laughter Tour Programs:
Laughter Clubs
Healing With Laughter
Certified Laughter Leader™ Training
Good-Hearted Living™
...and More

“Home of The Certified Laughter Leader™ System”

Created by Steve Wilson, Psychologist President and “Cheerman of The Bored” World Laughter Tour, Inc.

1-800-NOW-LAFF
www.WorldLaughterTour.com
HOW TO BECOME A CERTIFIED LAUGHTER LEADER™

A medical background is not required. Anyone who wants to be a Certified Laughter Leader™ must show satisfactory completion of the basic 2-day leader training workshop. Training is approved for continuing education for Activity Therapists, Nurses, Psychologists, Social Workers, Counselors, Marriage & Family Therapists.

“The physician’s job is to amuse the patient while nature effects the cure.”

TRAINING

- Basic training is accomplished in a 2-day workshop
- Training includes the psychology & physiology of laughter, attitudinal healing, adaptations to special challenges, how to organize & conduct laughter clubs and other programs, code of ethics, and more.
- Distance learning is available on a limited basis
- Study guide is available in English and Spanish
- Other materials available in Italian, French, Hungarian, Spanish
- Workshop locations across North America throughout the year
- Workshops can be brought anywhere in the world
- Corporate training available on a preferred schedule
- CLLs have a private online communications network to receive continuous support

FEATURES OF LAUGHTER PROGRAMS

- True, mirthful laughter in a supportive environment.
- A mind-body-spirit program of gentle ‘laughter’ exercises, breathing, stretching, camaraderie; can be done as chair exercises.
- Jokes are not used; only the joy of laughing.
- Qualified Certified Leaders guide & motivate.
- Group support lifts the members’ spirits.
- Atmosphere is relaxed, up-beat.
- Flexible timeframes.

BENEFITS OF LAUGHTER PROGRAMS

😊 Good-Hearted Living™ Prevents “Hardening of the Attitudes”
😊 Relieve stress, depression, anger & anxiety
😊 Improve enthusiasm
😊 Reduce loneliness
😊 Increase self-confidence
😊 Improve health & healing

RESEARCH SHOWS THAT LAUGHTER:

- Strengthens immune system
- Improves breathing, arterial blood flow, digestion, sleep
- Adjusts blood pressure & blood sugar
- Relaxes muscles
- Burns calories
- Reduces pain
- Helps people get along together better

LAUGHTER CLUBS:


Laughter Club programs provide light-to-moderate exercise for mental & physical flexibility, mood regulation, stress reduction, and an attitude boost. In other words, a real therapeutic ally. The programs work well in schools, senior centers, long-term care and hospitals, workplaces, fitness centers, and support communities, libraries and public parks.

Qualified instructors called Certified Laughter Leader™ (CLL) have completed the World Laughter Tour prescribed studies and supervised training on the science of laughter and healing-with-laughter strategies, and subscribe to the WLT Code of Ethics. A typical group is 5-25 people, but can be larger. It may be open to the public or reserved for a specific group such as in a school, workplace, nursing home or support community. If it is not open to the public, then the staff selects the participants. It may be run for free, for a fee, or for a suggested donation, at a time and day convenient for most people. Club names & locations may be registered with the World Laughter Tour and listed in the online Club & Resource Directory.

WHY?

Our un-balanced world doesn’t laugh much and we continue to exist amid strife, misunderstanding & turmoil. We work with people around the world to develop ways to use humor & laughter for health, peace, productivity, intergenerational connectivity, and joy of living.

“A clown is like an aspirin only it works twice as fast.”
~Groucho Marx