

Has 2020-21 left you feeling...



frustrated, impatient, overwhelmed, stressed, angry, lonely, depressed, isolated, fearful, helpless, hopeless?

Are you concerned about seeing these in your team, as well as feeling the heavy mood among your colleagues?

Are you all finding it hard?

A solution might be simpler and more immediate than you imagine!

Something like...

Joy on Call



Sue Jameson, Joy Activist and Laughter Coach, is an accomplished Professional Speaker, and has studied laughter, joy and happiness for over twenty years. She has addressed thousands of people, building motivation and inspiring small and large groups with her **Joy-on-Call** programme, which introduces the transforming power of joy and laughter - especially as an antidote to stress.

“With billions lost to the economy through stress, and both physical and mental illness, it makes good business sense to make use of **Joy-on-Call** in your organisation and through it, you can be laughing all the way to the bank.” Sue Jameson

Sue speaks and presents joy and laughter workshops, stress-busting sessions, and training in leading corporations, hospitals, colleges, schools, churches and other organisations. She has worked, in person, in South Africa, Zimbabwe, Mozambique and Swaziland, and online in many countries. Sue has featured on TV and radio, and has also produced and presented a radio show called **The Joy Ride**. She is the founder of the **JOYburg™** city transformation initiative and **The Joy Revolution**.

Joy-on-Call - Overview

With stress being the No 1 killer in the world, **Joy-on-Call** is unique and out-the-box as a stress busting and stress management tool. It comprises a combination of features including the Science of Stress and Laughter, Aerobic Laughter Sessions, Happiness, and Foundations for Joy, and thoroughly equips participants with a variety of tools to deal with stress, combat depression, prevent burnout, build happiness levels and improve their overall quality of life.



Workshop at the University of Pretoria

What the Experts Say

If you doubt levity is good for business, consider this: light-hearted leaders earn more on average than their more dour peers; entertaining workplaces breed more loyal employees and happier customers, and employees who are considered humorous are vastly more likely to get promoted – especially to senior positions.

Adrian Gostick and Scott Christopher - The Levity Effect

More than 80% of biological diseases are incurable in the medical field, and, according to the World Health Organisation, no advancement has been made in mental healthcare in the past 30 years.

Dr Michelle Strydom

Happiness is increasingly considered the proper measure of social progress and the goal of public policy.

World Happiness Report 2017

Laughter really is good medicine. It reduces stress, relieves pain, lowers blood pressure and boosts the immune system. It puts people at ease and can lower the tension level in your relationships. Frequent laughter may even reduce your risk for heart disease.

Craig Hassed MBBS FRACGP, Associate Professor, Monash University

“A really good belly laugh almost instantaneously reduces levels of stress hormones.”
Dr Caroline Leaf, Cognitive Neuroscientist

“A decade of research proves that happiness raises nearly every business and educational outcome: raising sales by 37%, productivity by 31%, and accuracy on tasks by 19%, as well as a myriad of health and quality of life improvements.”

Harvard Business Review - Shawn Achor, The Happiness Advantage

Contact Sue to book or for more information

A New Approach to Wellness

Years of research has resulted in the development of this psycho-support programme, which introduces the remarkable, transforming power of joy and laughter, especially in the management of stress and the development of vital, life-enhancing skills.

Joy-on-Call training, workshops, or presentations, are usually started with a few questions, such as:

- “Do you believe that laughter is good medicine?” Invariably all agree.
- “Do you laugh enough for it to be good medicine?” Very few will say they do.
- “Have you been stressed before?” Naturally, agreement is unanimously a resounding ‘YES’!

Finally, the question is asked, “Who currently has pain in their bodies?” No matter the size of the audience, it is common that over 50% will respond in the affirmative, which is truly shocking. This would imply that more than half of the workforce is less productive and efficient than it should be.

The good news is that, after a session of aerobic laughter exercises, most will have experienced pain relief, with many often being completely pain free - and they will all be feeling less stressed, more alert, lighter and happier.

One particular testimonial concerns Johanna Ramodike, the Principal of Siphethu Full Service School. After the workshop, she was raising her arm sideways to her head. On enquiry, she said that she was unable to do that, and was scheduled for surgery on her shoulder! She was pain free and had full mobility in her arm. She cancelled the planned surgery and more than 4 years later, she is still pain free. Isn't it time that we get back -to-basics, and teach people to start taking their medicine?



Benefits and Expected Outcomes

Extensive research has been done on the benefits of laughter, both in the workplace and for personal health, and it is a **key element in this transformational process**. The result of **Joy-on-Call** will be happier, **healthier and more productive** staff members, who are able to effectively manage stress.

This programme will...

- enhance team building and wellness initiatives
- encourage efficiency and productivity
- build motivation and communication skills
- improve leadership skills
- cultivate innovation and creativity
- develop problem-solving skills
- increase attention span in training
- reduce absenteeism
- create a positive work environment

In addition to the benefits above, **there are significant personal health benefits for participants**, and these will also benefit their families and the community. Studies worldwide have proven the benefits of laughter to the individual. These include...

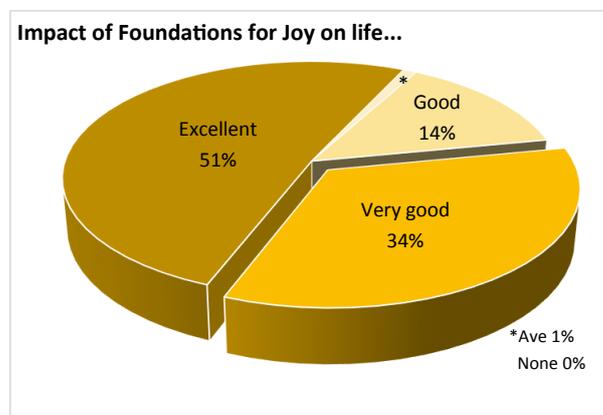
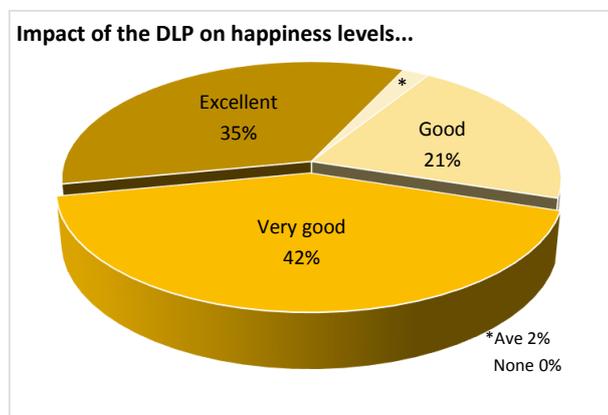
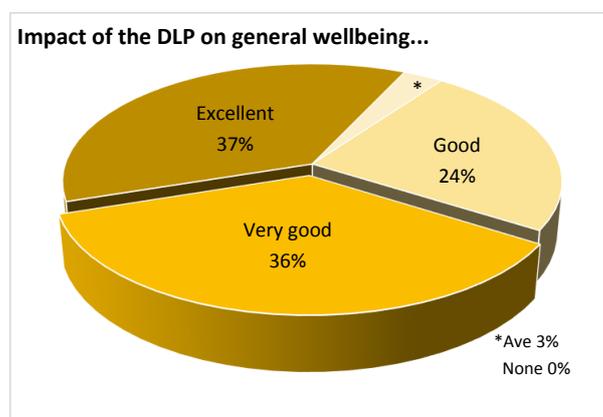
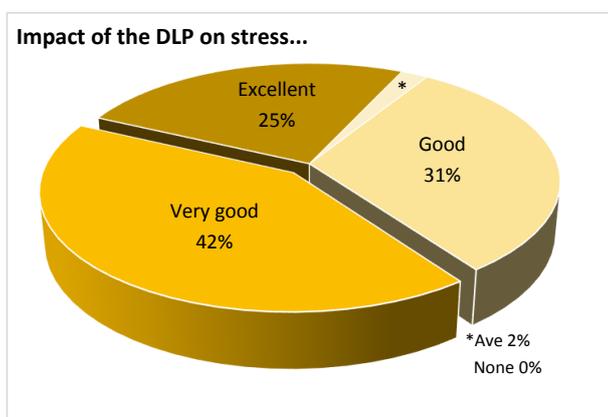
- exercising of the cardiovascular system
- strengthening of the immune system
- reduction of cholesterol and blood sugar
- building stress resistance
- controlling blood pressure
- easing of abdominal disorders
- release of endorphins, which elevate mood and are a natural pain killer

Training: Witrand Psychiatric Hospital

A project for staff at the Witrand Psychiatric Hospital, using the Dynamic Living Programme (DLP - now known as **Joy-on-Call**), resulted in significant improvements for both workers, the organisation and patients.

The programme was shown to dramatically reduce stress, anxiety, depression, and burnout, boost happiness, and significantly increase productivity and quality of work among some of the most highly stressed people in South Africa.

The graphs below illustrate the responses from staff who were monitored before and 50 days after initial training...



After a turbulent time... you deserve more than a respite!

In these challenging times, Joy and Laughter webinars are powerful tools to use in any organisation, for stress-busting, immunity-boosting, barrier-breaking and team building, and can be designed to meet your specific needs.

Sue is offering a limited number of 60-minute webinars (eg Zoom / MS Teams)...
at ridiculous and laughable rates.



Click on the image above for Sue's interview on 'Let's Talk' with Julie Alli - ITV Networks

A Complete Testimonial - February 2021

Sue Jameson conducted a joy and laughter session at our team meeting at Cowley Road Medical Centre, a GP practice serving 10,000 patients, on February 15 2021. She conducted this on Microsoft Teams to our whole primary care team consisting of 30 people clinical and non-clinical staff.

During the session, she took us through the science behind why joy and laughter is good for us all. She also encouraged us to participate in some laughter exercises.

It was amazing to feel the difference in the atmosphere of the practice after the session. During the morning before the session and indeed the weeks before, there had been quite a sense of heaviness over the practice, mainly because we have had to deal with difficult situations during the Covid season. However, after the session at lunch time, there was a definite shift in the atmosphere to one of lightness and joy, with more laughter heard around the building.

I am sure we all gave better patient care after the session than we did before.

Alana Fawcett

MBCHB, MRCP, MSC

Testimonial from Andreas Kyrris, GP and Managing Partner

Sue was able to bring incredible warmth and laughter to us during the session. Laughter really is a medicine and we would all do better to up the dose! Taking the time to get in touch with the sunshine inside us lifted the team, bonded us and gave us something positive to think and talk about. I would highly recommend Sue as a facilitator.



Kaleidoscope Women's Conference

Joy-on-Call Delivery

Joy-on-Call can be used for conferences, seminars, wellness days, stress-busting sessions, team building, training, and many other events. Presentations are usually 30-90 minutes in length, workshops are between 2-4 hours long, and Sue also offers six-week coaching programmes. All delivery takes place on-site or remotely by virtual conferencing such as Zoom and MS Teams, and is designed according to client needs.

To reiterate, laughter is good medicine, the antidote to stress, and it releases 'happy hormones'. In any form these programmes are high-impact and long-lasting, and are great for stress busting, mood lifting, immunity boosting, barrier breaking and team building. **A 60-minute session would usually comprise an introduction to the Science of Stress and of Laughter, Aerobic Laughter, and basic Foundations for Joy.**

Sue Jameson personally presents the workshops and training, but if she is unable to avoid an occasional conflict in her schedule, a suitable member of her extended team will substitute where necessary. Benefits are immediately experienced by participants, but follow up sessions are recommended.

"The human race has one really effective weapon, and that is laughter.
Against the assault of laughter, nothing can stand."
Mark Twain

Joy-on-Call Special Rates

The entire world is in transition and this unique time comes with enormous stress. The ongoing and devastating damage caused by the pandemic and lockdown is still reverberating in the mental health arena. Sue passionately believes the world needs **Joy-on-Call** and so, for a limited time only, is offering extra special rates. These are further discounted for organisations within **healthcare, education, charities** and **ministry**.

Request a **FREE 30 minute team assessment call with Sue**



Symphonia / Partners for Possibility

Sue Jameson, Joy-Activist, has collaborated with the Partners for Possibility Programme over the past two years and has run successful team-building exercises in certain schools on the programme. These have taken the form of “Laughter Therapy” workshops, which have been extremely well received and very effective in the schools.

The workshops have assisted the schools in finding ways to reduce tension and stress levels, improve staff and learner morale, create deeper bonding between staff and learners, and create and maintain positive classroom environments.

In addition to running the workshops in schools, Sue has also spoken at one of our School Leadership Forums on the power that laughter has to reduce stress, release endorphins, and enhance coping skills. She was invited to speak at the 2017 Bafundisa SAPA (South African Principal’s Association) conference on the same topic, where she was very well received.

Jansie Rautenbach, Symphonia for South Africa

Click on the image below to watch one of Sue’s early webinars on YouTube...



Symphonia Leadership Development - Dynamic Living in an Upside-Down World

The Joy-on Call Programme

Joy-on-Call is the perfect vehicle to ‘call out the gold’ that is the extraordinary potential in individuals, organisations, cities, nations and continents. It offers any organisation dynamic training and equipping that will have a significant benefit, both individually - for every level of management and every employee of the organisation - and corporately.

Joy-on-Call is designed as an intervention that will equip and empower, and greatly impact management and staff, by introducing and demonstrating the transforming power of joy and laughter as a tool for them to combat stress, enhance performance, and live well. The knock on benefit will impact their families and the community too.

Laughter truly is the best medicine, the quickest way to increase your joy and happiness levels - and is actually the antidote to stress. In a nutshell - the chemistry of unmanaged stress poisons our bodies, affecting every area of life. Laughter literally, proven scientifically, almost instantaneously reduces levels of stress hormones. No jokes... laughter can transform lives, business, our nation, and the world!

FAQs

Q What are Sue's formal qualifications?

Sue began her research on laughter in 1997 and trained as a Laughter Coach in 2008. Her work with, and impact on, staff in the Witrand Psychiatric Hospital was a key point in her journey. Since then she has continued studying the effects of joy and laughter on health and wellbeing.

Q What is Sue's experience?

She has had extensive experience in the transforming benefits of joy and laughter. Her work has come to the attention of new media channels, first in South Africa and now across the world. She is used to speaking to groups across the financial sector, education, government, and healthcare, as well as to leadership teams and faith groups.

Clients Who Have Used Joy-on-Call

Redefine
BBD
Nedbank
ICAS
Spar
Bankmed
Auditor General
Hannover Re
Sportron
Cowley Road Medical Centre,
Oxford UK

Constitutional Court
PSG
Southern Sun
Sasfin Bank
Deloitte NMG
World Vision
Tower Bridge
Eskom
Coca Cola Beverages SA
Retirement Homes
Witrand Psychiatric Hospital
Schools and Colleges

SA Principals Association
Allianz
Standard Bank
Auto and General
Rand Merchant Bank
Murray and Roberts
Jenna Clifford
Tupperware
Sasol
University of Pretoria
Churches and Charities

What Others Are Saying...

We have had incredible feedback from our clients. Some of our clients and their employees enjoyed the sessions so much that they asked her back into the office and also asked to have her attend all their branches nationwide with great success.

We can highly recommend Sue. Her work ethic is impeccable, and she is very professional, reliable, and an absolute expert in her field. She really does spread joy across South Africa, and according to us, she is number 1 in the field of laughter therapy and stress release.

Tiana Conradie
Director, Headspace
Specialists in Employee Wellness

Sue has motivated and taught three different workshops for me over the last four years. Her presentations have left the teams inspired and eager to embrace the spirit of happiness.

I highly recommend her services, and I will definitely make use of her services soon.

Debbie de Wet
Brand Manager
Pierre Fabre Laboratories

This training has had the most impact and value of anything I have done in 20 years in this job!

Participant Comment

Not only was her Laughter Therapy Session highly informative, broadening our knowledge on the effects of stress and how to combat stress, but it was also highly entertaining and a wonderful team building and destressing exercise for the entire staff. She also equipped teachers with techniques to apply in their classrooms to the benefit of their learners' physical and emotional well-being, as well as improve scholastic results.

It was a fun-filled afternoon, filled with much laughter, practical destressing techniques, team building, the building of relationships and equipping with knowledge.

Estelle van Aardt
Deputy Principal
Benoni Junior School