



## Laughter is the perfect tonic for presentation workshops

CHARLIE Chaplin insisted laughter was the tonic relief and surcease for pain. Now a Westcountry business management specialist is promoting the laughter recipe as the best device to make lasting, positive impressions.

South Devon-based Pragmatic Performance Management (PPM) has joined forces with stand-up comedian Douglas Mounce for two special workshops.

To be held at the Cornwall Business School in Redruth on June 21 and 28, Stand Up To Present will see PPM director Sue Windley and Mr Mounce combining business presentation techniques with comedy routines to help people to understand what makes audiences listen and how to overcome the fear of public speaking through practising delivery techniques and comedy timing.

Ms Windley said: "The whole workshop works on the basic principle that you remember much more when laughter is involved, which in turn accelerates the learning process. For businesses this means that new skills and knowledge can be applied much more quickly and to greater effect."

The addition of Mr Mounce, who is also a presenter on BBC Radio, means the comedy training comes from someone who has been there and done it. "Often when people arrive they are incredibly shy and feel terrified to speak in front of an audience let alone be funny," said Mr Mounce. "But once relaxed they find they have quite a gift for comedy."

For details contact Emma Harris at the Cornwall Business School on 01209 616121 or e-mail [emma.harris@cbs.ac.uk](mailto:emma.harris@cbs.ac.uk)

● COMIC TIMING: Stand-up comedian Douglas Mounce and PPM's Sue Windley