

HUMOR: THE ULTIMATE SUPERPOWER

WORKSHOP WITH



Laughter is the best medicine... unless you have broken ribs!

Rob's Humor Workshop: Where Laughter Isn't Just Therapy – It's a Full-On Upgrade for Your Brain and Soul.

Through games, theatre, clowning, improvisation, and stand-up comedy, you'll tap back into your spontaneity, reignite your spark, and give your laugh muscles and brain cells a real workout.

Forget Botox — we guarantee laugh lines.

This workshop is your personal brain boost — no side effects, no prescription needed.

Neuroscientists agree: laughter activates your brain, boosts happy hormones like dopamine and endorphins, and lowers stress by reducing cortisol levels. People who laugh regularly think more clearly, learn faster, are more creative, communicate better — and even enjoy a stronger immune system.

Rob Spence, the maestro of humor, will help you shake off the dust of daily life, rediscover your inner playfulness, and see the world with fresh eyes.

Laughter truly is the best medicine — and Rob's Humor Workshop might just be the only pharmacy you'll ever need.



Workshop Content

PART 1 – THEORY AND DISCOVERY

Based on the latest neuroscientific research, Rob explains how humor supercharges your brain, boosts our well-being, and takes our creativity to the next level .

Find your voice - Together, we'll uncover your unique humor style and show you how to use it with purpose.

Right time and right place - Participants learn the do's and don'ts of using humor in the workplace.

PART 2 – DECODING HUMOR

Let's start laughing... We kick start the funny bone with some simple and energizing laughter exercises to activate those happy hormones.

Now it gets wild! We dive into lively improvisation games, theatre sports and creative exercises that instantly spark your inner genius and get the grey matter moving like brain gym.

PART 3 – SECRETS OF STAND-UP COMEDY

Rob lifts the curtain and shares writing tricks top stand-up comedians use to find the funny in any story. Such as the age old formula of “ Comedy = Tragedy + Time.” The trauma you experience today is comedy gold further down the road.

Grab your pens! Participants immediately apply what they've learned by turning a simple anecdote into a punchy, humorous story.

PART 4 – SHOWTIME!

It's time to rock the stage – participants perform a short stand-up sketch and receive direct feedback on presence, body language, delivery, and timing.

Wrap it and take it away - We reviewing all the takeaways so the everyone heads home with fresh energy and new skills, ready to stir things up at home or in the workplace.