

# Judy Carter

## Motivational Humorist and Stress Reduction Expert

Please contact a GDA agent for information.

### Topics

- Comedian/Funny
- Communication
- Moderator / Facilitator
- Motivation
- Teamwork / Teambuilding
- TED-Talks

### About Judy Carter

Interviewed by **Oprah Winfrey** after writing her first book, **"Standup Comedy: The Book,"** Judy Carter went from playing Vegas as a headlining standup comic to become an in-demand corporate speaker. Speaking on The Power of Humor to overcome stress and navigate change, she was featured in the **Wall Street Journal, New York Times, CNN,** as well as being a frequent contributor to NPR's **"All Things Considered."**

Judy doesn't like to brag, but she did write the Bible. No joke, she's the author of **"The New Comedy Bible"** (Simon & Schuster) as well as **"The Message of You"** (St. Martin's Press). Her keynote is Stress IS a Laughing Matter.

### Select Keynotes

- **Overcoming Burnout in Healthcare: Stress IS a Laughing Matter**

Burnout and employee disengagement is rampant in the healthcare field. Stress reduction expert and healthcare speaker, Judy Carter's keynote proves that laughter is the best medicine and offers organizations the tools to create happiness in the workplace, and to do it while laughing their butts off. Audience members leave feeling energized, excited, and ready to engage in the happiness strategies that Carter offers from her bestselling books, *The Message of You & The Comedy Bible*.

What Ya Get:

- ◊ Customized keynote where Judy turns YOUR problems into punchlines
- ◊ Audience interaction
- ◊ LOL humor that won't be flagged by HR.
- ◊ Humor techniques to combat burnout and stress
- ◊ Set the tone of your event with levity

- **Turning Problems into Punchlines to Lighten up**

Life and work are stressful—overwhelming deadlines, stacks of paperwork, communication breakdowns . . . and that's just Monday. Judy illustrates the power of humor and teaches us how to turn problems into punch lines, resolve conflict and build camaraderie so everyone will walk away with tools they can use immediately. Her "Don't get mad, get funny" philosophy inspires people to deal with issues such as downsizing and layoffs—not to mention that overflowing inbox—with a sense of humor, rather than a sense of desperation.

- **Women's Event: One Hour of Mascara-Running Clean Comedy**

Having a "women only" event? Judy's no-holds-barred "been there, done that" approach has left them rolling in the aisles from Bakersfield to the Jersey Shore, and her material transcends generations. This show is an hour of sidesplitting humor with a unified message that women immediately get, and keep. Consumer Warning! Leave the men at home and experience a night you and the girls will be talking about for years to come. Waterproof Mascara Recommended.



## Select Book Titles

- **2019:** The Comedy Bible Workbook: The Interactive Companion to "The New Comedy Bible"
- **2013:** The Message of You: Turn Your Life Story into a Money-Making Speaking Career
- **2001:** The NEW Comedy Bible: The Ultimate Guide to Writing and Performing Stand-Up Comedy
- **2001:** The Comedy Bible: From Stand-up to Sitcom--The Comedy Writer's Ultimate "How To" Guide
- **1989:** Stand-Up Comedy: The Book