

THE STRUCTURED LAUGHTER METHOD

USING LAUGHTER TO ENHANCE COLLABORATION, ENERGY AND PERFORMANCE

Bring energy, connection and focus into your workplace through a structured and professionally facilitated laughter session.

This method is inspired by laughter yoga and further developed into a structured, inclusive approach designed for modern teams.

Through guided exercises, breathing techniques and intentional interaction, participants experience increased presence, stronger collaboration and a natural boost in energy.

Ideal for:

- Team development & collaboration
- Kick-offs & leadership gatherings
- Conferences & energizers
- Culture & wellbeing initiatives

WHY

STRUCTURED LAUGHTER ?

- Activates energy and focus instantly
- Reduces stress and supports resilience
- Strengthens communication and team cohesion
- Increases creativity and flexible thinking
- Contributes to a more positive and engaged work culture



Contact me



www.learntolaughwitherlynee.com



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Workshops and facilitated sessions for teams and organizations.

Pricing is tailored to session length, group size and location.

Get in touch to discuss your needs and receive a personalized offer.

Structured Laughter

(rooted in Laughter Yoga)

www.learntolaughwitherlynee.com

A structured approach to connection, energy and team performance



FORMATS & PROGRAMS



STRUCTURED LAUGHTER PROGRAM

A deeper approach designed to create lasting impact in teams and organizations. This program combines a powerful kick-off session with shorter, guided sessions over time – allowing participants to build new habits, strengthen collaboration, and experience sustained energy and focus in their daily work.

Inspired by laughter yoga and developed into a structured, professional method, this approach supports psychological safety, connection, and performance in a natural and engaging way.

Typically delivered over 1-2 weeks and tailored to your team's needs.

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Every conference packed with brainiacs needs a dose of laughter yoga



KICK-OFF ENERGIZER

30 - 45 mins

Audience size : 50 and above

A high-energy and engaging session designed to activate the room and create immediate connection.

This format works as a standalone energizer – or as the starting point of a structured laughter program.

Participants are introduced to the foundations of laughter-based exercises and quickly experience how energy, presence, and interaction shift in the room

ART OF
LAUGHING
FOR NO
REASON

WHAT TO EXPECT

IN A SESSION

- Guided laughter exercises (no jokes required!)
- Breathing techniques and light movement
- Presence, interaction, and shared experiences
- A safe and inclusive environment for participation
- Increased energy, connection, and focus

Available as one-off sessions, or as part of a structured laughter program for teams and organizations.

FORMATS & PROGRAMS



TEAM BUILDER

60 mins

Audience size: max : 50

A facilitated session designed to strengthen collaboration, communication, and team dynamics.

Through guided laughter exercises, simple breathing techniques, and interactive activities, participants build trust, reduce tension, and experience a more open and connected way of working together.

This format can also be delivered as part of a multi-session program for deeper and more lasting impact.



THE ART OF LAUGHTER

- A CREATIVE AND EXPRESSIVE EXPERIENCE

90 mins

Audience size : Flexible

A unique session that combines the structured approach of laughter-based exercises with creative expression.

Participants explore play, creativity, and connection in a way that opens new perspectives and strengthens team bonds.

The session ends with a shared creative outcome – a visual and memorable reflection of collaboration, energy, and innovation.

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Can be tailored as a short-term activation or a longer program depending on your needs.

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