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www.kmprod.com/speakers/judy-croonod.com

Motivational Speaker / Comedian / Author /

Judy is a comedian, motivational speaker (including Ted Talks), radio host, Second City stand up coach and author.

She has worked with many celebrities including; John Cleese, Jon Stewart and Joan Rivers.

Her specials have appeared on NBC, CBS, CTV and The Comedy Network.

She is a co-author of 'From the Stage to the Page: Life Lessons from Four Funny Ladies!'

Judy draws from her stand up and coaching experience to entertain, inform and inspire in her dynamic keynotes and workshops entitled, 'Relieving Work Related Stress with Humour', 'Taming Hecklers – Dealing with Difficult People' and 'Stand Up To Stress'.

She is a regular volunteer with City Street Outreach – a program that feeds Toronto's homeless and needy.

Judy is the creator/host of 'Laughlines' and 'Stand Up For The Girls' which have both helped raise over \$650,000 for breast cancer research.



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Judy, our group tremendously enjoyed your keynote 'Relieving Stress with Humour'. Your humour and anecdotes left us laughing right from the start. Your seven points to relieve stress was a clever mix of thoughtful insights backed by research. ~ Early Childhood Resource Teacher Network of Ontario

Keynote Speaker | Author



'Relieving Work Related Stress with Humour' keynote

Overview of Presentation:

Stress is a major cause of most illnesses, and humour is an amazing way to relieve it. Harvard studies show that when you are stressed, your brain shrinks. However, when you laugh, you relax; and when you relax, you learn. This hilarious and inspirational session explores seven stress-relieving ingredients: a positive attitude, perseverance, forgiveness, teamwork, family and friends, mental activity and physical activity.

'Taming Hecklers - Dealing With Difficult People' keynote

Overview of Presentation:

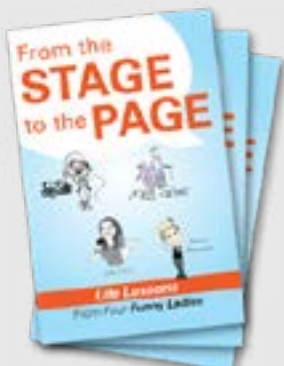
In showbiz, a heckler is a person in the audience who disrupts the show.

In business, a heckler is the person who disrupts the flow.

The strategies that Judy has developed as a performer in dealing with hecklers also work in an office environment. These strategies:

- improve productivity
- decrease bullying and absenteeism
- lower your stress levels
- make everyone LAUGH more

Stress can cost your company 20 hours/per month/per employee of productivity and 70% of employees, who are targeted by hecklers, leave their jobs!



Check out this new book that Judy has co-written with fellow speakers; Judy Suke, Meg Soper and Susan Stewart.

Enjoy this collection of funny stories, life lessons, inspiring quotes and great everyday tips. From Judy's chapters, you'll learn:

- The medical benefits of comedy
- How to deal with Bullies, Snipers and Buffoons
- The 7 Ingredients to Living Well that Don't Include Tofu
- How to increase your chances of surviving a heart attack by five times
- How to clean tough stains and vacuum those hard to reach places –NOT!

Sure comedy can be dark, angry and bitter. But it can also be positive, insightful and uplifting. These ladies prove that, over and over and over again.

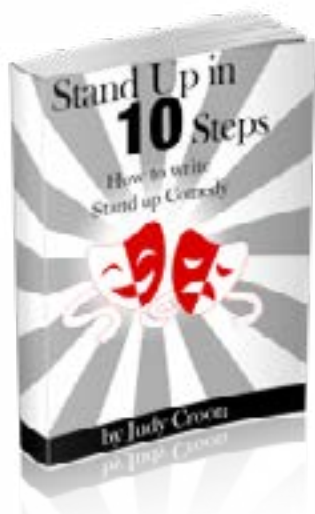
~ **Brent Butt (Comedian/Creator/ Executive Producer, Corner Gas, Hiccups)**

For years people have been saying, 'There is something funny about these women.' Well, there's also something warm and giving about them, as you'll see in this book. It's fun and it's good for you. How often does that happen? ~ **Steve Smith (Red Green, The Red Green Show)**

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Stand-Up Comedy School: Stand Up in 10 Steps



"I am extremely grateful that I approached Judy almost two years ago to be my humour coach. Judy's quick and fresh wit inspires me to be creative and turn my real life stories into real life stand-up comedy. Our coaching sessions are sometimes more beneficial than a meeting with my therapist :)."
Student

Coach / Author

Judy is a stand-up coach at Second City and she also teaches privately.

She is the author of 'Stand-Up Comedy School: Stand Up in 10 Steps'.

'Stand Up in 10 Steps' is a hands-on workbook for comedians, corporate speakers and anyone who just wants to be funny! Judy uses the powerful tool of comedy to help others get their message across, improve their presentation skills and fight stress. Judy has a vast amount of experience as a keynote speaker for conferences and team building events. Her background is as a professional comedian, with a specialization in motivational speaking and adult learning.

Judy is able to provide customized presentations & workshops, to suit your needs.

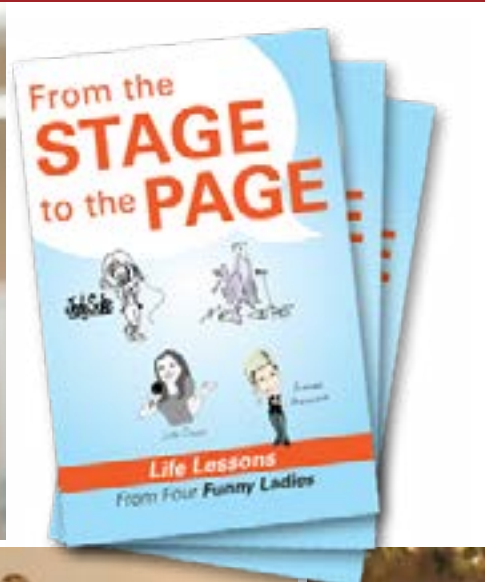
** After this workshop, participants will be able to:

- Use humour to improve their brainstorming and team building efforts
- Use humour to lower their blood pressure and feel happier and healthier
- Feel more confident in their creativity, risk taking and unique problem solving abilities
- Feel more confident in stepping outside of their 'comfort zone' and thinking outside of the box
- Improve their presentation skills using amusing anecdotes to make a point
- Capitalize on their individual personalities and strengths using humour
- Feel great after laughing and learning together
- Realize that EVERYONE has a funny bone!

TEDx

We were thrilled when Judy agreed to speak at our TEDxStMaryCSSchool event. She gave an inspiring, funny and deeply personal talk that really resonated with our students. Many of our students felt her talk really spoke to them and inspired them to find and live their passion as Judy has.

Comedienne / Podcaster / Radio Host / Author



Previous Clients (full list available upon request)

- Purdue University
- Royal LePage Realtors
- Northwest Atlantic Retail
- Financial Planning Standards Council
- Certified Management Accountants of Ontario
- Ceridian HR and Payroll Partner
- Early Childhood Resource Teacher Network of Ontario
- Enbridge Gas Distribution
- Health and Safety Ontario
- Ontario Federation of Healthcare Workers
- Ontario Ministry of Labour – Occupational Health and Safety Branch
- Ontario Workplace Safety and Prevention Services
- Alberta Health and Safety Conference and Trade Show

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What Clients Are Saying...

Royal LePage

Judy, our group tremendously enjoyed your keynote 'Relieving Stress with Humour'. Your humour and anecdotes left us laughing right from the start. Your seven points to relieve stress was a clever mix of thoughtful insights backed by research. Combined with your stories, the audience felt like they could truly relate. Your interactive exercises gave us an opportunity to participate and get to know you and each other. 'Relieving Stress with Humour' is truly a gem of a keynote that lives up to its title. Highly recommended to provide fun, entertainment, and inspiration.



Early Childhood Resource Teacher Network of Ontario

Judy was such a wonderful emcee at our gala fundraiser that we invite her back again this year! Her comedy kept our guests laughing all night and she carried the evening with an easy flow and great professionalism. I would highly recommend her to anyone if you are looking to elevate your event.

Charles H Best Diabetes Centre

We hired Judy as an emcee for a gala dinner we hold every year in Toronto. Judy was a true professional, easy to work with, kept our audience engaged and of course laughing. She is definitely top in her field and I highly recommend hiring Judy for any corporate event.

Financial Planning Standards Council

You don't usually hear accountants laugh that much. A very good topic on why humour is so important to our mental and physical well being.

CAMH (Centre for Addiction and Mental Health)

Judy delivered a stellar keynote address to our HR leadership group that struck the perfect balance of Laugh-out-loud hilarity with heartfelt takeaways to live a more balanced life.

Enbridge Gas Distribution

I loved how Judy kept everyone engaged. She would have an important message and then follow up with a joke. Great strategy.

