

ASSOCIATE

STEPHANIE DAVIES

“Help children be happy, resilient and motivated independent thinkers and all else will fall into place”



“We learn best when we play - it's how we discover the world and its meaning” - Laughology

It's a serious business, laughter. There are a great many people spending a great deal of time finding out about how laughter helps us live longer, think more creatively, be more productive, enjoy better relationships and much more. How, in a nutshell, it just makes life better. There is even a name for this science – gelatology. Or, as Stephanie calls it, 'laughology'.

And she should know.

Stephanie is the best female stand-up comedian entrepreneur trained in behavioural and clinical health psychology who has studied at the Gesundheit Institute with Patch Adams and has an MA in Laughter, Humour and Personal Growth we know.

She has taken the serious science of laughter to new heights in her work in the public and private sectors in the UK and abroad.

Stephanie helps her clients to:

- reduce stress, enhance general health and well-being
- improve performance, communication and presentation skills

- boost creativity and productivity
- encourage learning and increase retention
- manage pain and encourage positive thinking
- build self-esteem and confidence
- strengthen and improve relationships

All from lightening up a little and using the power of a good laugh.

At Independent Thinking we have always believed that education is too important to be taken seriously.

If you walk down your school corridors and don't hear the sound of happy people – big ones and small ones – then you are doing something wrong. (I may be wrong but I don't think hysterical laughter counts.) With Stephanie on board now we know this to be true for sure.

Recent feedback from happy clients:

“Steph Davies- Laughology - is an excellent speaker-made you look on the bright side of life”

“Laughology was the best INSET

we've ever had, really useful stuff for the classroom and for us teachers. Refreshing, fun and very funny, I wish all INSETs were as good”

“Great to see all teachers laughing together, relaxing and remembering that school can be a fun place. Watching teachers remind each other about some of the activities when passing in the corridor weeks later showed the effects were long lasting and generated more laughter”

Books written by Stephanie Davies:

- *Laughology*

Stephanie has been with Independent Thinking since 2012.

All Independent Thinking Associates are DBS checked.

See our website:
www.independentthinking.co.uk
for more information.