



Motivational Kickoff Featuring Karyn Ruth White
Friday, August 6, 2010
7:30 am to 8:30 am – Check-in and Breakfast
8:30 am to 10:30 am – Program
Arvada Center for the Arts, 6901 Wadsworth Blvd, Arvada

What's Funny about Stress?



Karyn Ruth White has entertained and motivated people for over 20 years. As a keynote speaker, she has more than a decade of expertise in the field of stress-reduction through humor.

Karyn draws on her experience for confidence and on-stage presence. Her real-life experience and down-to-earth delivery style creates an instant connection with her audiences.

Karyn brings over 15 years of speaking experience as well as a front-line look at the inner-workings of business. She invested a day shadowing a Jeffco principal to make sure she could relate her message to our business. She is a unique blend of motivator, business coach, philosopher and comedian.

Karyn is passionate about helping people “think better thoughts”, “gain a feeling of personal control over stress” and “use humor as a powerful life and productivity skill.” She is a prolific writer on the subject of living and working with less stress. Her program “Laughing in the Face of Stress” has been televised repeatedly over the past several years. She has been featured in the Denver Business Journal and The Denver Post and has appeared as a humor and stress expert on Channels 7 and 9.

Karyn owns Laugh and Learn Productions, a Colorado-based company dedicated to helping people live and work more joyfully. She also uses her humor and heart to work with young people, helping them believe in themselves and cherish their gifts.

Motivational Kickoff Registration

Name: _____ **Work or Home No.:** _____

School or Dept: _____ **Voice Mail No.:** _____

Breakfast Buffet and Program Fee: \$35.00 *For this event only, members and non-members pay the same fee as a way to welcome new administrators.*

Payment Type (Check One)

- Cash** **Personal Check** (payable to JCAA) **Journal Entry Transfer** (provide account below)

For Journal Entry Transfer please provide the following

Fund: _____ **Account:** _____ **School ID:** _____ **Program:** _____

To Be Filled In By JCAA Members Inviting Non-Members

I invited _____
Name(s)

Members receive discount coupons as follows; \$5 if one invited guest registers and pays, \$15 if two or more guests register and pay. If a non-member invited guest becomes a JCAA member by September 1, 2010, the inviting Member will receive an additional \$15 event discount coupon. Coupons may be used to reduce fees for JCAA events to be offered between August 7, 2010 and June 30, 2011. Discount coupons have no cash value and are not transferable.

Return to JCAA, 1829 Denver West Drive, Bldg 27, Golden, Co 80401-0001

Registration Deadline: July 31, 2010

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