



Humour in the Workplace and Work/Life Balance from an Award Winning Comic and Reasonably Sane Mother of Three – Kate Davis



A speaker, writer, mother, comedian and actress, Kate Davis has the unique ability to find humour in any situation and to offer creative solutions to defuse the frustrations in the home and workplace. Kate's generous insight and outspoken character, provides a powerful combination to help organizations empower their staff with effective tools for managing stress and sustaining motivation.

Theatrically trained in England, Kate returned to Canada to a successful run on Canadian stage. From the theatrical stage to the many stages of motherhood, Kate found her newest passion at an open mike one night at a local comedy club. Now, a five-time nominee at the Canadian Comedy Awards and star of her own hour-long comedy special on CTV and the Comedy Network, Kate has appeared on Breakfast Television, Star TV, Toronto 1, Prime, WTN, TVO and CBC Radio One. She is currently working on her new book *Funny Mommy*.

Purpose met destiny when Kate created her successful parenting with humour workshops. These have now transformed to the full range of presentations, exploring the positive effects humour has on all aspects of life. From the corporate world to the bedtime story, Kate's insight and vision reveals the healing thread of humour and how it can be utilized throughout our lives. An engaging speaker, Kate's presentations focus on bringing a sense of humour into the home, the workplace and ultimately the balance of both.