

Karyn Ruth White **Laugh and Learn Productions**

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About Karyn Ruth

Karyn Ruth White has been entertaining and motivating people in some form or fashion for over 20 years. As a National Humorist and Life Skills Coach, she has over a decade of expertise in the field of stress-reduction through humor. Before that, she performed for over 15 years as a professional stand-up. Two decades of experience entertaining and motivating people allows Karyn Ruth great confidence and ease on stage. Her real life experience and her down to earth style create an instant connection with her audiences. Over the past ten years, 99% of Karyn Ruth's business has come from repeat or referral business from very happy clients.

Her clients include organizations like Microsoft, Nextel, Janus Funds, Ball Aerospace, Corporate Express, Xcel Energy, General Foods, The International Customer Service Association, The Colorado Department of Personnel and many, many more.

Karyn Ruth is unique in the speaking field, in that she brings over 15 years of professional stand-up experience to her craft, as well as a front-line look at the inner-workings of business. She is a unique blend of motivator, business coach, philosopher and stand-up.

After earning her Bachelor's Degree in Communications (University of New Hampshire), Karyn moved to California to pursue a career as a professional comedian (thrilling her parents.) Within 2 years she was traveling nationally as a professional comedian, using clean, connecting humor to delight her audiences.

Between comedy "gigs" Karyn worked as a "temp." Because of her professionalism, she was always being asked to assist top-level managers within the Fortune 500 companies. It was during this time that she started to objectively observe the inner workings of business. She took a lot of notes and did her research, formulating her current philosophy on how to help people work and live with less stress and more joy. She 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.

Karyn is a prolific writer on the subject of living and working with less stress. Her national program *Laughing In the Face of Stress*© televised repeatedly over the past years. She has been featured in the Denver Business Journal, and The Denver Post and has appeared as a humor and stress expert on Channel 7 and Channel 9.

Karyn's insights on business are real, because she's been there. She's worked in the mailroom, she's worked in a customer call center, she's worked in sales, she's worked in the hospitality business, she's worked as an administrative assistant and she is now a business owner herself.

As the owner of Laugh and Learn Productions, a Colorado-based company dedicated to helping people live and work more joyfully, Karyn decided to combine her business acumen, her gift as a comedian and her love of people into a rare and delightful presence on the professional speaking circuit.

Karyn Ruth also uses her gift of humor and heart to work with young people, helping them to believe in themselves and cherish their gifts. After all, happy, self-confident children have a good chance of becoming happy, self-confident and highly productive adults.