

Practicing Playful Presence
May you be in the present moment.... for now!

Presented by
Nancy Norton, RN
Winner of the Boston Comedy Festival & The Seattle
International Comedy Competition
www.NancyNorton.tv

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Disclosures

I have no actual or potential conflict of interest in relation to this program/presentation.

I have no financial interest to disclose.

In closing, I disclose that there is nothing to disclose in this disclosure.

Nancy Norton, RN
Comedian/Keynote Speaker

Objectives

- Discuss the importance of staying in the present moment and being connected to yourself and others.
- Explore skills of being an active listener and inviting humor forward.
- Describe the importance of trusting your humor instincts and bringing more overall joy to your life.

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Laugh and Learn basic skills to help you-

- regain connection to yourself and others in times of stress
- be an active listener and invite humor forward
- remember how to be playful
- trust your humor instincts
- Stay in the present moment as much as possible and experience more connection and joy in life.

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- Improvisation games and exercises

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In closing-

Thank you for being present and just BEING with me.

How is your energy level now compared to how you felt before this session?

How would you compare your connection to those in this room before and after this session?

What are some ways you could use these skills in your personal life or practice?

Any questions or comments or answers? I love answers!