

Greg's most popular messages:

How To Stay Energized in a Changing World

These days everyone is being asked to do more with less. This program teaches people:

Proven techniques to reduce stress



Ways to relax under pressure



How to achieve more *balance* in their lives

Humor, Hugs, and Hope!

In addition to setting a positive meeting tone as a keynote or "endnote" address, this upbeat program helps people:

See more humor in their lives



Use humor as a stress-reliever



Appreciate the importance of hugs



Feel more hopeful

You Make a Difference!

An especially effective way to set a tone for a meeting, boost morale, or applaud staff efforts at recognition events, this program helps people:

Recognize and appreciate their contributions, talents, and abilities.



Communicate more effectively



Realize that their efforts do, indeed, "make a difference."

That Goes Without Saying – Improving Communication

Frustration and conflict are often caused by misunderstandings—"problems in communication." This program helps people:

Be more effective communicators



Increase their sensitivity to others



Understand gender differences in communication



Resolve conflicts more successfully

For a speaker who talks *with* audiences, not *at* them, contact:

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HUMOR
With a Message!®

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Greg is a member of the National Speakers Association, a group that awarded him their highest earned designation of "Certified Speaking Professional." He has a B.A. degree in psychology from Roosevelt University and a Master's Degree in Social Work (M.S.W.) from the Jane Addams School of Social Work in Chicago, Illinois. Greg is the author of the recently published *52 Bright Ideas to Bring More Humor, Hugs, and Hope into Your Life!*