

Pat Armitstead

Worlds First Joyologist



INTERNATIONALLY ACCLAIMED
Speaker and Expert on Humour and Positive Psychology

AUTHOR AND COLUMNIST
Book "Humour Works"
Business to Business Newspaper Column

CREATOR OF
International Humour in Business Awards



MEET PAT ARMITSTEAD ...

Keynote Speaker, Facilitator, Coach & Author

RGN, Dip Ed, Dip FTM,
Cert Management and Conflict Resolution
Member Professional Speakers NZ
Director Centre for Compassion NZ
Member International Humour Foundation
Member Australian Centre on Quality of Life
Past President National Speakers Association NZ

Did you know :?

- Optimism can be learned
- Optimistic people are more productive
- High trust environments foster fun at work
- Happy people are engaged and pro-active
- Happy people experience wellbeing and less stress
- Happy people are more productive & resilient
- Happy people have less sick leave
- High energy workplaces brim with passion
- Humour encourages trust in the workplace
- Leadership is important to staff happiness
- Clear values increase staff engagement



Pictured with mentor Mike Hutcheson

**You can have staff
who are engaged,
productive
and resilient !**

**CALL PAT TODAY
to discuss how you
can harness the
strengths of your
people in 2009!**

**649 4283836
Or 021 687635**

In a world where depression is currently ranked as world health burden No. 2, Pat Armitstead brings optimism and hope, by successfully combining her own business acumen, humour and wit to transform negative thinking. A visionary thinker and expert on the use of humour and positive psychology in business and life, she inspires and empowers others to experience sustainable wellbeing using proven positive psychology techniques.

She has won many awards including the prestigious NSW Tourism Award, Media Section and was 2002 National Speakers Association of New Zealand "Speaker of the Year." She is the founder of the International Humour in Business Awards, running for 4 consecutive years in New Zealand and headed for Australia.

There are 3 ways you can engage Pat

High energy, humorous Keynotes
Breakfast sessions, breakout and workshops
Individual and team coaching

**Call NOW for a no obligation consultation
on 649 4283836 or 021 687635**

**As a result of Pats programs
your people will**

Learn to be more optimistic
Build resilience and tenacity
Be more productive

pat armitstead
joyologist

• +64 9 428 3836
• +64 021 687 635
• www.joyology.co.nz


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Programmes

- Stress Management & Resilience Building in Tough Times
- Humour, Engagement & Wellbeing for a Productive Work Force
- Building Learned Optimism into Winning Teams
- Empowering Habits to Manage Grief and Loss

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What people are saying....

Patch Adams, USA

“ Just returned from around the world to find your lovely words and effort - love your wandering contract with the worlds happy people ”

Deborah Russell, Office Admin Bayleys Havelock North

“ Thankyou for your inspiring talk at Bayleys Admin conference. There were things you spoke about that I had forgotten how to do...I needed reminding and I laughed more than I have done in a very long time ”

LaVonn Steiner, USA

Author Lessons from my father – Chicken soup for the soul

“What a delight you are! You are a woman of fun, creativity and energy

Cathy Grimsey, AAPNZ Conference

“ You were my favourite presenter.. from start to finish...you were terrific....I can see you in my mind swinging your arms and your huge smile...and your ad was just brilliant !! ”

Linda McDermott, Communications Expert

“Your message brought tears to my eyes. You are a beacon of courage. “

Genevieve Westcott, Westcott Communications

“You were just great. Your face says so much when you speak. YOU are the star!”

Lisa Cork The Marketing Department

“I think your content is spot on. People want to be acknowledged.”

Debbie Halstead, The Office Connection

“I thoroughly enjoyed your presentation last night. I admire your zest, energy and great creativity I look forward to taking your ideas and applying them.”

Andrew Thomson, Social Worker Starship Hospital

“Thank you for your unremitting and persistent efforts to spread joy! “

Laurie Finlayson, National HR Manager, Kensington Swan

It was wonderful to have your input which has encouraged people to look at life from a different perspective and the energy to lift their horizons to a higher level. “

Lisa Lark, International Communications Expert

“My sister in law from Wellington regaled me with a glowing account of your presentation to NZ Pharmacists...!!”

Dr Tim Ewer

“Thank you for your beautiful and heart-wrenching yet warming account of your trip to Russia’s orphanages with Patch Adams ..”

Susie Spiller

“ I have clocked it in to my consciousness as one of the most heartfelt and provoking stories I have ever heard ”

Kathy Torpie

“It was great to see how seamlessly you connect your stories and refer them back to the topic... how you create connection between members of the audience...”

Wendy Mackereth Community Dental Services NZ

“The audience were glued to her every word... she has the ability to alter perspectives..”

Stuart O’Neille, Guerilla Marketing Australia

“Pat meeting you at conference was worth the fee alone. I need only watch you to gain inspiration”

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The Joyology Methodology

The power of JOYOLOGY

Utilize humour as a natural resource available to all businesses
Strengthen the corporate environment through accessing Joystates™
Harness the power of joy as a catalyst for change
Lift your bottom line by raising your spirits

The JOYOLOGY methodology

Establish Joypoints™ in business models
Utilize humour to stimulate specific projects
Develop personalized Joyology™ systems to suit individual businesses
Coach individuals and teams using Joytherapy™

How JOYOLOGY helps business

Creates an energized and motivated workforce
Builds individual and group confidence through HR - Humour Resources™
Reinvigorates company morale and team spirit
Builds ongoing models for unity and harmony

The benefits JOYOLOGY

Improved productivity through increased team empathy
Greater understanding of emotional parameters
Better communication of flash-points and touch-points



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Books and published work

By the Joyologist

Humour Works, Self published, 2006

Featuring the Joyologist

Silver linings on the long White cloud, Chris Dodds, Passionate Living Ltd
Woman 2 Woman, Amanda Ellis and June McCabe , Random House

Columns

Humour Works – Business to Business newspaper - 2004-2007
Humour Works – North Shore Focus

Articles/Publications – selection only write for full list

AdmiNZ – Die another day – optimising now as it is all we have Nov 2007
AdmiNZ – Why optimism is the key to success- December 2007
Rainbow news – laughter the ebst medicine – September 2003
Home News – Residential Care – World first for aged care in NZ June 2004
Canvas –The pursuit of happiness, September 11 2004
Woman Today – hone your business with Humour – issue 21
Bella - The joy of emerging , Autumn 2002
Her Business, June 2005
Woman to woman issue 26
Intouch , to Russia with Love, November 2004
Intouch, Healing with Humour, February 2005
Body, Mind and spirit, My love Strategy March 2005
Grapevine, A day in the life of a Joyologist , Issue 1
Employment Today, Laugh a minute, August 2003
Healthy Options , Healing with humour, October 2005
Intouch, 5 Joyous habits, January 2006
NZ Business – Business is a laughing matter, June 2006
Auckland Today, You must be joking, June 2006
Woman Today, Humour at work, December 2007
NZ Business, I flirt therefore I sell, January 2008
Pink, Send in the clowns, Winter 2008
NZ Management, Fun at work, April 2008

Recommended Reading

Gesundheit, Patch Adams, Healing Arts Press, 1993
House Calls, Patch Adams, Robert D Reed publishers 1998
Learned Optimism, Professor Martin Seligman , Random House 1991
Authentic Happiness, Professor Martin Seligman, Random House, 2002
The art of happiness at work, The Dali Lama, Hodder, 2003
The Artists Way, Julia Cameron, Pan books, 1993
How to use humour in business and life, Pete Crofts, Crown Content, 200
Emotional intelligence – why it can matter more than IQ, Daniel Goleman, Bantam Books, 1995
Fish, Stephen Lundin, Hodder and Stoughton, 2000

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