

CLOSING KEYNOTE #13: "FINDING HUMOR AND PURPOSE IN THE MIDST OF LIFE'S CIRCUS"
 Southern Illinois Perinatal Network Conference – 9-26-2007
 Presenter: Emily Ballance, MEd, LPC

Objectives:

Participants will be able to:

- Identify the benefits of humor and symptoms of stress that can be improved by humor
- Identify the physiological benefits of laughter
- Identify 5 strategies using humor to cope with stress

Were objectives met?	Yes 160	To Some Extent 0	No 0
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	Excellent	Good	Fair	Poor
Presenter and Material (knowledge of subject, use of examples, depth of coverage, appropriateness of material)	174	9	1	0
Presenter's Style (well organized, interested in topic, clear and concise delivery, invited questions)	174	8	2	0

Comments:

- Appreciate she included medical stuff/OB
- Excellent way to end the day!! X 3
- Enjoyed!
- Very funny, kept my attention even at the end of the day!
- Awesome – great way to end the day X 2
- Absolutely wonderful!
- Excellent!!! Have her come again
- Above and beyond
- She is fantastic!!! She should be here every year!
- Wonderful, fun, and funny
- Awesome X 3
- Very good
- Enjoyed the opera
- Excellent! X 2
- Great! Wonderful presentation.
- Emily was wonderful. We all need to learn to laugh more!
- As a person who read Norman Cousins's book in the '80's, I understand the power of humor. This was a good refresher! Great speaker
- She was great, entertaining, really enjoyed this speaker. Wonderful ending to the day. Thank you!
- Great! Hilarious
- Great speaker! Have her back!
- Wonderful X 2
- The Best
- So nice to laugh
- Hysterical
- Very enjoyable
- Great! Good way to end the day! X 2
- Great fun X 2
- Great X 2