



Speakers Bureau of Canada

Bureau d'orateurs du Canada

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Judy Croon

Comedian - Stress Management and Humour Expert

"I recognized the value of comedy immediately when presenting a 45-minute, 90-minute or half-day workshop. As soon as my audience started to fidget, I threw in an extra punch line. I realized that stand-up could apply to any stage performance, especially those Death-by-Powerpoint presentations. I realized that the setups, lines and exercises could be applied to almost any topic." - Judy Croon



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Language Spoken

English

Travel's From

Toronto, Ontario

Speaker Biography:

As a long-time stand up comedian, Judy Croon is used to being in the spotlight. Judy Croon is the creator and host of “Laughlines” and “Stand Up for The Girls” which have raised over \$650,000 for breast cancer research. Croon is also a Second City stand-up coach, radio host and co-author of the book *‘From the Stage to the Page: Life Lessons from Four Funny Ladies!’*

She is passionate to help individuals and organizations use humour to their advantage. Croon’s presentations focus on dealing with difficult people and relieving stress through humour. “Laughter is a powerful tool for managing conflict and reducing tension when emotions are running high,” Croon says. Her presentations show the scientific proof on how when we laugh our bodies release endorphins and dopamine, our brain’s feel-good chemicals. The result? We can better cope with stress, have stronger mental health, boost our immune systems, and lighten our moods. The Toronto-based comedian, motivational speaker and humour coach says being able to laugh at yourself is instrumental to surviving difficult times.

On the stage, she draws from her performance experience, wit, and insight to entertain, inform and inspire in her dynamic keynotes and half day workshops. Judy Croon uses the powerful tool of comedy to get her message across but she also helps others get their message across by improving their pitch and presentation skills. Croon can be heard everyday at 5pm on LTD Radio - The Power of Positive. Judy Croon has been the opening act for many celebrities including; Joan Rivers, John Stewart, Lewis Black and Robert Klein. Her specials have appeared on NBC, CBS, CTV and The Comedy Network.

When she’s off stage, she devotes most of her time to shining the light on people and causes that often get overlooked. Croon gives hours of charity work to many organizations which ranges from weekly deliveries of basic supplies to families living in need, to hosting comedy benefit gala shows that raise money for aid organizations around the city. Judy Croon is passionate to help others with their health, relationships and their lives. Her presentations are high energy, full of humour, and offer audiences practical insights that they can use right after the presentation.

Topic Presentations

Relieving Work Related Stress with Humour

Stress is a major cause of most illnesses, and humour is an amazing way to relieve it. Harvard studies show that when you are stressed, your brain shrinks. However, when you laugh, you relax; and when you relax, you learn. This hilarious and inspirational session explores seven stress-relieving ingredients: a positive attitude, perseverance, forgiveness, teamwork, family and friends, mental activity and physical activity.

This session help you discover:

- How to cope with information overload
- How to appreciate the incredible medical benefits of humour
- How happiness is a mindset
- How to increase your chances of surviving a heart attack by five times and increase your lifespan and quality of life by laughing
- How to increase your brain's reasoning and decision-making
- Learn the surprising key to motivation and the most important gift you can give your child

Taming Hecklers - Dealing With Difficult People

In showbiz, a heckler is a person in the audience who disrupts the show. In business, a heckler is the person who disrupts the flow. As a performer, Judy notes that there are (3) specific types of hecklers in an audience: bullies, snipers and buffoons. In her experience working with business clients, Judy notes there is distinct correlation with hecklers in the audience and hecklers in the workplace, including customers. The strategies that Judy has developed as a performer in dealing with hecklers are extremely effective in a work environment. Not only do these strategies improve the culture in the office, improve productivity, efficiency and decrease bullying and absenteeism, but they're also always good for a laugh or two.

Stand-Up To Stress Workshop

Judy is a stand-up coach at Second City, MoSpeakers Big Day Academy and she also teaches privately. She is the author of *Stand-Up Comedy School: Stand Up in 10 Steps*. *Stand Up in 10 Steps* is a hands-on workbook for comedians, corporate speakers and anyone who just wants to be funny! Judy uses the powerful tool of comedy to help others get their message across, improve their presentation skills and fight stress. Judy has a vast amount of experience as a keynote speaker for conferences and team building events. Her background is as a professional comedian, with a specialization in motivational speaking and adult learning.

Judy is able to provide customized presentations & workshops, to suit your needs.

After this workshop, participants will be able to:

- Use humour to improve their brainstorming and team building efforts;
- Use humour to lower their blood pressure and feel happier and healthier;
- Feel more confident in their creativity, risk taking and unique problem solving abilities;
- Feel more confident in stepping outside of their 'comfort zone' and thinking outside of the box;
- Improve their presentation skills using amusing anecdotes to make a point;
- Capitalize on their individual personalities and strengths using humour;
- Feel great after laughing and learning together;
- Realize that EVERYONE has a funny bone!

Stand-up Comedy & Humour

As an after-dinner comedian, Judy is at the top of her game. Her quick delivery, impeccable timing, and hilariously-unique slant, makes her one of the most sought after comedians in the country. She is a perfect fit to lighten the mood and entertain any audience for any type of corporate event or conference.

Videos



Judy Croon | Motivational Speaker Comedian | Speakers Bureau of Canada

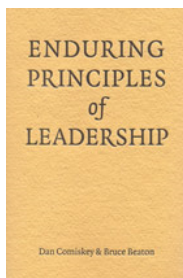
[Watch Video](#)



The Superpower of Humour. | Judy Croon | TEDxStMaryCSSchool | Speakers Bureau of Canada

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Books



From the Stage to the Page by Judy Croon

Check out this new book that Judy has co-written with fellow speakers; Judy Suke, Meg Soper and Susan Stewart.

A collection of:

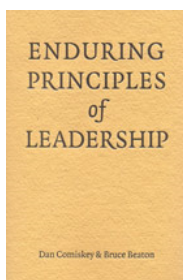
- Funny stories
- Life lessons
- Inspiring quotes
- Great everyday tips

Judy's chapters are:

- To Hell Gigs and Back
- Rubber Chicken Soup
- Punchlines on Purpose
- Relieving Stress with Humour

From Judy's chapters, you'll learn:

- the medical benefits of comedy
- how to deal with Bullies, Snipers and Buffoons
- the 7 Ingredients to Living Well that Don't Include Tofu
- how to increase your chances of surviving a heart attack by five times
- how to clean tough stains and vacuum those hard to reach places -NOT!



Stand Up in 10 Steps

'Stand Up in 10 Steps' is a hands-on workbook for comedians, corporate speakers and anyone who just wants to be funny!

"I started stand-up comedy about 20 years ago. I started motivational speaking and privately coaching about 5 years ago. Since I came from a stand-up background, I recognized the value of comedy immediately when presenting a 45-minute, 90-minute or half-day workshop. As soon as my audience started to fidget, I threw in an extra punch line. I realized that stand-up could apply to any stage performance, especially those Death-b-Powerpoint presentations. I realized that the setups, lines and exercises could be applied to almost any topic. Trust me, you do not have to be a professional stand-up comedian to make your audience laugh" - excerpt from Stand Up In 10 Steps

Testimonials

“Judy, thank you for your gracious and truly professional presentation. It was a delight working with you and we look forward to the next opportunity.”

Purdue University

“Thank you, Judy, for giving me the confidence to be myself, be funny and to have fun. You are truly a gifted teacher.”

Felice Miranda, Royal LePage Team Realty

“You don’t usually hear accountants laugh that much. A very good topic on why humour is so important to our mental and physical well being.”

Certified Management Accountants of Ontario

“We hired Judy as an emcee for a gala dinner we hold every year in Toronto. Judy was a true professional, easy to work with, kept our audience engaged and of course laughing. She is definitely top in her field and I highly recommend hiring Judy for any corporate event.”

Financial Planning Standards Council

“Judy was such a wonderful emcee at our gala fundraiser that we invited her back again this year! Her comedy kept our guests laughing all night and she carried the evening with an easy flow and great professionalism. I would highly recommend her to anyone if you are looking to elevate your event.”

Charles H Best Diabetes Centre

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