




## WHO SHOULD COME TO COMIC RELEASE?

- Anyone who ever felt that a meeting was lasting longer than open heart surgery
- Managers and staff who would like to work more effectively, productively and creatively
- People who feel stress reduction might help at work and/or at home
- Conference/meeting planners
- Training staff/R&D/Marketing and other Teams
- Sales and customer service people who would like to attract — and retain — more customers
- People who would like to be able to handle disagreements with others — at work or at home — more easily
- People who would like to make more money, personally or for the organization
- People who haven't laughed enough in the last month



## WHAT OTHER PEOPLE SAY ABOUT INA HILLEBRANDT

Susan Andrews, Human Resources Manager, Highlands Inn

"I would highly recommend Ina's seminar wherever people need tips on how to mix a light-hearted approach with more serious management styles. Her program truly brings about positive results in increased productivity, motivating people during hard times, and building rapport and trust among staff. Even though Ina's humorous pearls of wisdom were intended for use in our professional lives, participants expressed the benefits of applying them to their personal lives as well."

Barbara Lee, V.P., Research, CBS

"Ina's work was really valuable. She provided important insights that helped us ease employees' adjustment to a corporate merger and reorganization."

Barbara Whitener, RN

"I am very happy I came to *Comic Release*. After a day with patients, I can use all the laughs I can get!"

Dick Coppin, V.P. Prudential Securities

"I would recommend *Comic Release* because humor is important and a lot of people forget and don't use it. It's a great way to get rid of frustration!"

John Lacorazza, V.P., Citicorp, Managing Director, NAK

"Ina's approach is unique and inspiring in fostering teamwork, productivity and creativity. She is also an important link in creating value-added programs."

# Comic Release

## HUMOR YOURSELF

## FOR FUN AND PROFIT!

## You Owe it to Yourself to Use Humor!

- ◆ Lighten up tense situations, resolve conflict and effect change in yourself and among those around you.
- ◆ Gain power over your surroundings with techniques that help you be more productive, communicate better and make business more profitable.
- ◆ Ease stress by making it easy for you and your colleagues to see the humor in otherwise tense situations.
- ◆ Make humor work for you and others as a potent productivity builder, idea enhancer, team facilitator and communicator.





## WHAT OTHERS SAY ABOUT HAVING A COMIC RELEASE

"...medicine consists of amusing the patient while nature cures the disease..." Voltaire

"Almost all new ideas have a certain aspect of foolishness when they are first produced."  
Alfred North Whitehead



"If you wish to glimpse inside a human soul and get to know a man...just watch him laugh. If he laughs well, he's a good man."  
Dostoyevski

"Jokes ... properly told ... do more to enlighten ... politics, philosophy and literature than any number of dull arguments." Isaac Asimov

"If you find humor in anything you can survive it." Bill Cosby

"A merry heart doeth good like medicine."  
Proverbs 17:22

"Humor...should not be equated with frivolity. It can improve creativity, help organizations cope with change, and help employees learn from their mistakes." John Cleese



## MAKE MOLEHILLS OUT OF MOUNTAINS

In Comic Release you'll learn how to use humor and make laughter work for you. Empower yourself with the techniques you take away:

- Solve problems painlessly -- by turning conflict into cooperation
- Strengthen your professional and personal relationships --by melting barriers between people
- Increase Productivity --by enhancing coworker enthusiasm and effectiveness
- Stay healthier --by deflating tense, angry situations



## COMIC RELEASE

is facilitated by...

**Ina Hillebrandt**, Consultant and President of The UNWorkshops, who has been injecting light notes into serious work for her entire twenty plus years of business experience with such companies as Citicorp, General Electric, PepsiCo, The Rockefeller Foundation, RAND, Planned Parenthood, J. Walter Thompson, Weight Watchers, Scott Paper, IBM, AT&T and Newsweek.

She has helped clients apply the techniques demonstrated in *Comic Release* to such diverse areas as Team Building and Training – for enhancing Customer Service, Communications Skills, and Productivity; Employee Satisfaction; and Stress Reduction.

Ms. Hillebrandt obtained a BA in anthropology from the University of Pennsylvania, and graduate training in anthropology and psychology at Tulane University.

She has written several books, including *Pawprints* — about close encounters of the furry kind — *You Are Who You Eat: The Revolutionary New Cannibal Diet*, and *How To Write Your Memoirs*.

For further information about setting up or attending UN -Workshops or lectures, contact: Ina Hillebrandt, President, The UnWorkshops. 200 S. Barrington Ave. Ste 492213, Los Angeles, CA 90049. Tel: (310) 497-5653. Fax:(310) 881-9786. E-mail: CoachIna@InaTheemoircoach.com

