

About Sarito

Sarito Sun has more than 20 years of experience in the world of business. She has worked with people in all types of organizations including corporations, universities, government agencies, and non-profit organizations.

Her special talents and her business experience make her a highly effective teacher and coach of individuals and groups in all walks of life.

Sarito has led groups across the U.S. and in Europe. Her mission is helping people discover the joy of laughter and how to use it for happiness and health in their lives.



Sarito's clients include:

- ◆ Genentech Pharmaceuticals
- ◆ Kaiser Permanente
- ◆ Kyocera Wireless
- ◆ The Chopra Center, La Costa Resort and Spa
- ◆ California State University San Marcos, Osher Lifelong Learning
- ◆ San Diego Cancer Center
- ◆ The City of Carlsbad, California
- ◆ The City of Encinitas, California
- ◆ Southern California Association of Activity Professionals
- ◆ Carlsbad-by-the-Sea Retirement Center
- ◆ La Agencia de Orci Ad Agency
- ◆ Seaside Center for Spiritual Living
- ◆ Unity Church

LAUGHTER PROGRAMS
with
SARITO SUN

Phone: 760 942-3642

E-mail: ssarito@hotmail.com

www.saritosun.com

Do the people
in your workplace
need less stress
and more fun?



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Laughter in the Workplace— More than Just Fun!

Why are companies like Genentech, IBM, and AT&T implementing special programs to get their employees to laugh more? Because they know what research is now showing—laughter is an essential component of health for both body and mind.

Laughter relaxes us, clears our minds, and helps us learn. It keeps us open and fresh. Laughter, fun, and humor in the workplace help increase job satisfaction while decreasing absenteeism and job turnover rates. Studies point to the fact that laughing with each other helps teams work better together.

“Well researched, Sarito’s work can relieve stress and create health. I didn’t want the group to end!”

Burt Bialik, Ph.D.

Research has repeatedly proven the link between physical health and the chemistry of happiness. The rising costs of healthcare make it imperative for organizations to create a positive and happy climate for their employees.

Laughter with Sarito Sun

Sarito Sun, Certified Laughter Leader and Coach, has brought laughter to over 50,000 people. In over 20 years in the business world, Sarito has worked with people in all types of organizations and all walks of life. Sarito trained with Dr. Madan Kataria, founder of the worldwide laughter movement.

Sarito combines group exercises, laughter techniques, visualization, music, and relaxation to create an environment in which participants can unwind, let go, and enjoy laughing together. In Sarito’s sessions you and your colleagues will learn about the many benefits of laughter. Sarito’s laughter presentations and exercises show everyone that they have the need *and* the ability to laugh.



The San Diego Union Tribune, North County Times, and Today’s News have all featured Sarito.

“I admit I was skeptical at the beginning, but soon Sarito’s contagious laughter and easy guidance got us going. Before I knew it, I was laughing along with everyone else. Soon I was relaxed and had a whole new attitude. This stuff really works!”

Judith Balian, Genentech

“This was one of the best sessions that our HR Department has ever sponsored. It was great to see people smiling and laughing! I went back to work feeling energized and happy.”

Yayoi Suzuki, Kyocera Wireless

Laughter as a Team Builder

Laughter unifies teams, groups, and companies. Cooperation and communication are natural results when people have a successful experience of laughing and playing together.

Your staff members will come away from Sarito’s laughing sessions feeling relaxed and less stressed. They’ll return to their work with higher levels of energy and creativity. They’ll remember and use the laughter exercises—the effect of even one session is truly long-lasting!

Whether it's an opener for your next all-company meeting, a fun break during your next training, or part of your wellness program, Sarito can provide a light-hearted and energy-filled session that will make your event truly special. Call Sarito at 760 942-3642 to learn more about what laughter can do in your workplace!

