



# JACCI ANDERSEN

Certified Laughter Leader • Wellness Coach  
Keynote Speaker



## Improving the World... One Laugh at a Time

### Laughter is Jacci's life!

It all started when she was in 2nd grade and created a story stating what she wanted to do when she grew up... "Jacci wanted to play, play all day".

Now she gets to live her purpose while impacting the lives of others. "Improving the World...One Laugh at a Time" quickly became the motto of Andersen-Wellness., which was established in 2018.

After spending many years in retail leadership, financial sales, and financial leadership, Jacci realized she could now pursue her purpose in life...working with people and organizations to change their perspective and "Find the Funny" in everyday life adversities. Happiness is a choice. People just need a little support to get there at times.

Jacci has a BA in Management and Marketing. She was trained to be a **Certified Laughter Leader – Expert, National Trainer, and Joyologist through World Laughter Tour**. Jacci expanded her training by attending a **Caring Clowns mission trip to Costa Rica with the 'real' Patch Adams, M.D.**, who was played by Robin Williams in the movie, Patch Adams. Jacci is a founding member of **Comedy for Communities**, a not-for-profit organization that provides a source of comedic relief after a tragedy strikes an area anywhere in the world. Jacci is also an active member of **AATH (Association for Applied and Therapeutic Humor)** and **Heart Math Institute**.

Jacci's desire is to bring **HOPE** to those feeling hopeless; laughter to those who find it hard to laugh; and to help ALL people "Find the FUNNY in everyday situations."

# PROGRAMS OFFERED BY



**CORPORATE PRESENTATIONS:** Introducing Laughter in the Workplace,  
Reducing Stress in the Workplace

**SCHOOL PRESENTATIONS:** For Students, Teachers, Administration, & PTA's, Understanding the  
Importance of Laughter with Children

**LAUGHTER SESSIONS:** Corporate, Schools, Healthcare, or Just for the Wellness of It

**LAUGHTER THERAPY:** For individuals looking for one-on-one conversations

**KEYNOTE SPEAKER:** Customized presentations for your organization



10-15 minutes of laughter can  
burn up to 40 calories



Laughter can help improve  
sleep (reduces anxiety/pain)



Improved morale, productivity,  
and job satisfaction



## WHAT PEOPLE SAY

"What a wonderful way to relieve stress and learn how laughter can change my entire day. The way Jacci related laughter to work/stress made it all so real." — **Patrick Gamgort, Laughter Session Attendee**

"Jacci tailored her approach to our needs and objectives, with our entire team benefitting from the knowledge and tactics she shared...Also, Jacci's accommodation of our specific audience needs and situations was refreshing and unique." — **Rebekah Carlson, Carlson Integrated**

"I was skeptical before I came and wasn't sure what to expect. The class exceeded my expectations and I can't wait to start trying some of the exercises we learned in class!" — **Shadow Valley Laughter Session Attendee**

**CONTACT** jacci.andersen@gmail.com  
**JACCI** 708.655.5113

© Andersen-Wellness

andersen-wellness.com

