

# Richard Paul

## KEYNOTE SPEAKER



Be Happy... Be Ducky!

*Effective positive behavior techniques that can help improve **customer service**, increase productivity and promote a happier/**healthier workplace**.*

Over the past twenty years professional **Keynote Speaker** Richard Paul has studied and analyzed the effects of negative thinking and behavior. How it can actually stifle personal and professional dreams and can hurt, both physical and emotionally. Through extensive training and research he has developed the knowledge and the abilities to comically share how to reduce unwanted **stress** while igniting a powerful positive thought process that will build confidence, improve stamina and promote a healthier happier life.

*It's all about putting an end to negative attitudes in the workplace at home and on the road....*

Pessimism is lurking in every workplace, costing companies millions in return sales and a reduction in customer satisfaction. Pessimism also plays a role in **health** related absenteeism, skyrocketing medical insurance costs and an emotional drain on the entire organization.

Be Happy, Be Ducky is a fun filled, value driven, hilarious, motivational **keynote speech** that helps individuals and organizations change their focus from pessimism to optimism. Within the first five minutes attendees will discover how easy is to start their day with a happier “duckier” attitude.

Early in the program they will become aware of their own ability to make a choice to be *critical and negative or supportive and appreciative*. They are given a simple exercise they can implement each day. This technique has been prescribed by Dr. Don Colbert MD author of the book Stress Less to promote a more positive productive attitude, reduce stress, improve health and energize relationships.

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### *Mind and Body Awareness....*

Richard will share humorous stories and valuable information that will help the attendees develop the skills to recognize how their thoughts affect their attitude and how their attitudes affect them physically, mentally and emotionally. They will come to understand what Dr. Wayne Dyer and Dr. Deepak Chopra have shared in their books and lectures; we think over 60,000 reoccurring thoughts everyday. Unfortunately many of these thoughts are filled with fear, doubt and anger. This is causing our bodies to trigger many [stress](#) related chemicals that if not properly dealt with will constantly keeping us in stressful negative state of being.

*“What you have right now in life is the result of what you have thought felt and done up to this time.” Peter Mc Williams*

### *Smiling is good for you....*

They will gain the knowledge of how a simple smile is not only contagious but also has the ability to trick the body into feeling better faster. They will discover what scientists have learned; that happier healthier thinking and positive/optimistic behavior can actually add several years to their lives.

*“Some pursue duckiness, others create it.” —Peking Duck*

Attendees will develop the ability to:

- Improve their inner communication skills
- Change their focus from negative to positive
- Celebrate their blessing and successes
- Develop a happier healthier productive daily routine
- Renovate and restructure their live

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Empower others by example

*“Our only disability is our inability to appreciate and celebrate ourselves who we are and what we can accomplish.” Richard Paul*

***Four effective Strategies that will change and improve lives....***

Award-winning comical keynote speaker and author Richard Paul will share how to take control of worry, refute irrational thinking and offer up four effective strategies to change and improve life.

***Richard has learned through his own personal experience how to be happy and Ducky...***

Through humorous anecdotal stories, ventriloquism, props and practical theories, humor/stress reduction expert Richard Paul will explain how he has become proficient in monitoring his thought process which has reduced [anger](#), [depression](#) and has given him the ability to live a happier, [healthier](#) “duckier” life.

*Customize the program to fit your conference theme...*

Richard Paul’s “Being Healthy... Being Ducky” [keynote speech](#) can easily be customized to fit the theme or goals and objectives of your meeting or conference.

*Creating a [Being Healthy... Being Ducky](#) décor....*

If you are interested in working with Richard to create a Being Healthy... Being Ducky décor for your conference or event we can supply you with table center pieces, prizes and table covering and colorful handout booklets that reflect the theme of the [keynote](#) presentation.

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