

Joe Cardone – Humor Consultant



As a previous comedian, as well as a teacher/administrator on both the high school and college levels, and now as a humor consultant and in his work with oncology physicians to uplift and inspire patients, Joe fully understands the importance of humor and laughter for

wellness/ stress (mind & body), leadership, learning, creativity, morale, effective communications, and overall positive living.

Joe Cardone's Bio

Joe Cardone is a humor consultant for the public and private sectors presenting a variety of seminars, workshops, and presentations on the value of humor for wellness, stress, leadership, morale, communication, and positive living. His presentations are a blend of comedy, information, and inspiration.

He was a comedian in the early fifties performing in the Catskills, Poconos, New York City, and Philadelphia. He later entered the field of education becoming a supervisor/administrator at the college and public school levels.

Joe volunteers his services at St. Peter's University Hospital in New Brunswick, NJ working with physicians in providing humor therapy for patients. He also works with a psychologist and her staff in a KEEPS program doing "humor for anger management with children.

Joe is a guest lecturer on Celebrity Cruise Lines in their "Enrichment Series Program" and has been on several cruises to Bermuda and the Caribbean. He is also scheduled to perform on Royal Caribbean Cruise Line for the 2006 cruise season.

He has a BA degree from Wilkes University, an MA degree from Temple University, and administrative certification from Montclair State University.

SUMMARY OF HUMOR WORKSHOPS/SEMINARS

THE HIDDEN POWER AND MAGIC OF HUMOR (An Immense Power at Your Fingertips)

A generic presentation of humor and its impact on our lives for overall wellness as well as its power for improving creativity, leadership qualities, and overall morale/uplift at home and in the workplace. This seminar focuses on the power of humor for wellness, both physical and emotional. Presentation begins with an introduction defining humor, along with humorous examples addressing each of the above areas discussed. This session also includes a five-minute comedy routine that highlights the main topics. Throughout the presentation, anecdotes, funny stories, and one-liners are used to further support all informative materials. (a blend of information, applied research, comedy, and inspiration)

This presentation is approximately one hour in length and provides flexibility for interaction with participants. A question/answer session follows.

LAUGH YOUR WAY OUT OF STRESS (Using Laughter in Facing Life's Absurdities)

This presentation focuses on using humor for overall stress reduction at home and in the workplace. An introduction with five minutes of comedy standup sets the mood for this presentation. Areas covered include recognizing that “life is absurd” and understanding that as human beings we are constantly confronted with absurdities that we need to perceive in a more positive way. Program focuses on “taking ourselves lightly while taking our job responsibilities seriously.” Three inspirational and humorous messages provide the audience with an understanding of how humor brings all of us together by raising our “overall state of consciousness,” resulting in a sharper and clearer understanding of the impact of humor on our physical and mental well being. (an approach to reducing stress through comedy, humor, information, and inspiration)

This presentation is approximately seventy-five minutes in length and provides a question and answer segment after each part.

THE HUMOR ANTIDOTE FOR WELLNESS AND STRESS (A Mind & Body Approach for Improving Your Quality of Life)

This program is designed for the corporate and educational setting and focuses on the use of humor and laughter for improving overall wellness and promoting stress reduction. Presentation focuses on the concept that “If you feel good physically, you are going to perform better mentally, and if you perform better mentally you are going to handle stress more effectively.” A five-minute comedy routine sets the stage for applying humor to wellness while informational segments and inspirational messages reinforce positive attitude and choices we make each day. The second segment on stress again begins with a comedy routine and highlights our perceptions of life including the development of humor skills to face life’s

absurdities. Informational segments and inspirational messages again reinforce the “mind and body” theme. (A blend of inspiration, research, laughter, information, and comedy)

This presentation is approximately seventy-five minutes in length and provides a question and answer segment after each part.

SO YOU WANT TO BE FUNNY (Comedy Is A Science—Take It Seriously)

This presentation/workshop highlights “**comic vision**” which is the necessary part of every comedian’s life. A five-minute standup routine begins this workshop to set the overall mood for the discussion. The main focus is on the “theory of comedy,” major comedic principles, and secret techniques of the standup or comic. Examples including real life situations, funny stories, jokes, one liners, and anecdotes help participants to better understand how a comic perceives “life’s absurdities” and develops these into comical routines which are also responsible for raising our state of consciousness and bringing all of us together to better understand and enjoy life’s many challenges and setbacks. Learning to take yourself lightly while taking your job responsibilities seriously is examined and discussed. Discussions on the definition of a joke, the carpentry of humor, delivery, timing, setup line, and punch line helps illustrate that most “*comedy is tragedy.*” (a simplified, yet technical, discussion designed to provide the listener with a clearer understanding of comedy and the basic skills necessary for professional story telling and the effective communication of humor to others)

This presentation can vary in length from 60 to 75 minutes and involves willing participants in providing their own humorous stories and comic vision. A brief question/answer session is included.

YES, YOU DO HAVE A SENSE OF HUMOR (A Humorous Guide For Positive Everyday Relationships)

This presentation explores the importance of both having and communicating a sense of humor for improving relationships at home, improving morale in the workplace, and providing a positive environment to enhance personal relationships. Short discussions focus on the importance of smiling and laughter and how these two areas make you more acceptable and trusted with those you come in contact each day. A sense of humor and its development is discussed. Humorous examples and a series of related funny stories and one-liners further support all material discussed. The importance of having choices in your life (being in a good mood or bad mood at the beginning of each day as well as accepting daily problems with a more positive attitude) is highlighted. (A blend of humor and inspiration, and information highlighting the importance of laughter as a social lubricant)

This presentation is approximately one hour in length and provides flexibility for audience interaction. A short question/answer session follows.

A Selection of Quotes from Joe’s Presentations

“Humor Makes Us Kinder and Gentler to One Another.”

“You Can’t Be Angry and Laugh at the Same Time.”

“Humor and Laughter Are Powerful Equalizers In” Balancing Positive and Negative Thoughts.”

“For Your Own Wellness—If You Want to Feel Good Inside, Make Someone Else Feel Good Inside.”

“A Positive Attitude and the Choices We Make Each Day Are Powerful Forces for Improving Overall Wellness and for Reducing Stress.”

“Laughing As Much As You Can Each Day Can Contribute to Your Overall Wellness.”

“There Is a Very Close Link Between Laughter and Tears. Both Bring Relief From Pain, Stress, Anxiety, Grief, and Depression.”

“Life Is Filled with Absurdities That Happen to All of Us. Use Laughter and Humor to Begin Enjoying Them.”

“Most of Us Have Forgotten the Lost Art of Having Fun.”

“When You Start Taking Yourself Lightly, You’ll Begin to See Some of that Stress Melt Away.”

“Never, Never, Never Be Afraid to Laugh at Yourself and Your Problems”

“Hang Around Fun-Loving People. Negativism Is Contagious.”

“Take a Laugh Pill. It Doesn’t Cost You a Penny and It’s Worth a Million.”

Photos



Joe's Testimonials

“Best inspirational and comedic performance we’ve ever had--hands down, and lawyers are a tough audience. He kept them interested and focused throughout. Would I recommend Joe? Well let’s just say that we’ve already booked him for Part 2.”

Jonathan Cowles, Executive Director, Middlesex County Bar Association

“What a treat! A breath of sunshine. Not only was Joe very funny, but he had very inspiring words of wisdom.”

Deborah Meade, Conf. Chair, Alliance of Information & Referral Services of NJ

“Outstanding presentations on humor and stress. Our associates couldn’t stop raving and said they felt better both mentally and physically. I would strongly recommend him to other managers within our company.”

Gary Grysko, Manager (Systems Maintenance Division of PSE&G)

“Joe put everyone at ease and helped us see how we can easily turn any interaction into something positive as well as how to be a better team member. One of the most productive hours ever spent—and we spent it laughing.”

Diane Lemcoe, Dean of Enrollment Management, Middlesex County College

“Joe’s wealth of knowledge and lifetime eclectic experience brings an understanding of the six essentials of life to our children through humor and magic. His dynamic personality and presentation skills continue to captivate our children of all ages.”

L. Jantos, PsyD, Director of Keeps—Center for Family Guidance

“Your Power & Hidden Magic of Humor received rave reviews. Not only was it inspirational and informational but humorous as well. What a great way to address topics of sensitivity and wellness through humor. You master the skill well.”

Kathleen Roth, Director, Department of Aging, Piscataway Township

Joe’s workshop on Humor As an Empowerment Tool had them rolling in the aisles. He is a very unique person with a unique approach in using humor to reduce stress and improve wellness.

Ruth Ziznewski, Director of Curriculum, Metuchen Board of Education

“Joe’s gift of caring and dedication to healing the human condition through humor has made him a favorite with doctors in our Oncology Department. Engineering staff members begin the

day on a happy note after hearing Joe's uplifting messages. He is an accomplished speaker, capable of engaging professional audiences."

Beth Mane, Manager of Volunteer Services, St. Peter's University Hospital

"Joe provided my Dear Dad (Ziggy) with laughter when he needed it the most. His tender use of humor gave my ill Dad an opportunity to smile. Joe is unequalled as a man of integrity, character, and sincerity—truly a remarkable individual."

Personal comments of gratitude from John Kruszewski, Sayreville, NJ

Contact Joe Cardone

If you are seriously considering a presentation that is truly different and one that leaves your employees or attendees *inspired, motivated, entertained, informed, laughing, and "wanting more,"* then contact Joe Cardone at:

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joe@joecardone.com

phone 732.463.0787

cell 732.690.1610

Joe will answer all your questions and supply you with further information as well as details on rates and his schedule.

And while you're on the phone or on email--a few funny stories and some inspiration--IT DOESN'T GET MUCH BETTER THAN THAT!

Please be sure to visit:

<http://www.joecardone.com>

References

PSE&G Corporation (11 presentations)
Central Jersey Oncology Center, P.A.
Middlesex County and Union County Bar Associations
CELEBRITY CRUISE LINES—Guest Lecturer in Discovery Series
CFG (Center for Family Guidance)—KEEPS PROGRAM
AIRS National Conference (NORWESCAP)
Sixth Star Marketing and Entertainment
St. Peter's University Hospital Volunteer Program (Humor Therapy)
Seven Oncology Physicians and Other Medical Personnel (available)
Middlesex County College
Metuchen Public Schools
Somerset Manor (Focus on Humor Series)
Piscataway Department of Aging
Lymphoma Association of Central Jersey