

# Julie Ostrow

Humorous Speaker  
Communication Coach

Julie brings funny to your company!

Improve communication  
with humor, laughter,  
and improvisation!

As a Humorous Speaker Communication Coach, The Second City-trained Julie Ostrow teaches and shows organizations how to use improv skills and humor to improve creativity, communication, and collaboration within their organizations and with their clients. Improv skills lay the foundation for effective communication and the ability to be truly present with whom we interact. **This skill of being truly present and really listening plays an important part in connecting and communicating with team members and clients.** Oh, and being the First-Ever American Laughing Champion, Julie knows a thing or two about laughter!



## A partial list of Julie's clients:

- Applied Improv Network (AIN)
- AVIXA (Formerly InfoComm)
- Baxalta
- Canadian Positive Psychology Association
- Centegra Hospital
- Edward Jones Financial Services
- Wm. WRIGLEY Jr.
- Company Chicago Housing Authority (CHA)
- Underwriters Laboratories
- International Association of Administrative Professionals (IAAP)--Bermuda and Chicago area chapters

*"I really enjoyed your presentation and stage presence. A very engaging and entertaining time was had by all! Thank you for reminding us of the power of laughter to lift one's spirits!"*

*- J McGraw, CTS, CAE  
AVIXA*

[www.julieostrow.com](http://www.julieostrow.com)



Applied  
Improvisation  
Network



Continuing Education  
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**The Positive Psychology People**

# Bringing funny to your company (Speaking topics and such...)

## **"Connect, Communicate, and Collaborate with Improv!"** **[Improv for Team Building]**

Because one of the main rules of improv is to 'make your scene partner look good,' that methodology is the foundation of this presentation. When we help others and build them up, we are helping the team, the organization, and ourselves. This is the beginning of collaborative connections.

*In my opinion a "must have" for anyone looking to expand their ability to effectively connect and communicate both with your professional and personal relationships! She is a "ray of light" that would bring a wonderful experience to any corporate or personal event!"*  
- H Muth, Edward Jones Investments

## **"Think On Your Feet!"** **[Improv for Public Speaking]**

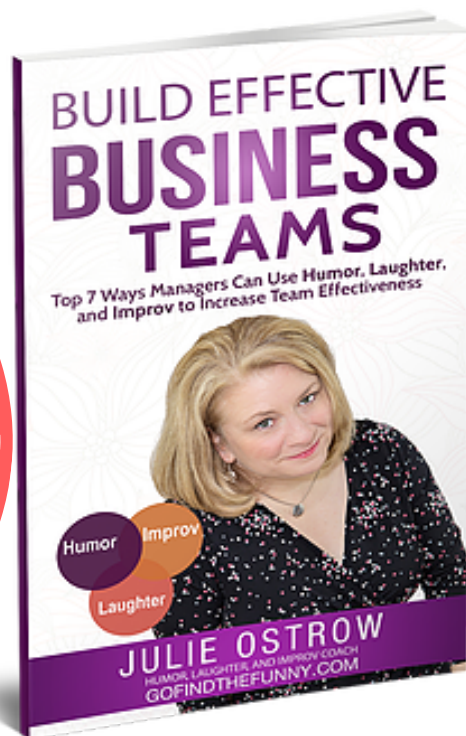
This is for anyone who needs a step up in their public speaking skills. Even if you're not a professional speaker, these skills are beneficial whether you're speaking to your company's board of directors, attending networking events, or presenting at your company's annual event.

## **"Stressed Out? Play It out with Improv!!"** **[Improv for Stress Management]**

For organizations whose team members are experiencing burn-out, a lack of energy, short fuses, lack of communication, increased sick days, and a litany of other health issues that can appear when stress is not handled properly or diffused in healthy ways. Through this program, participants will experience the overall feel-good results of infusing play, joy, mirth, laughter, and healthy humor into their work days.

*The feedback from the team was very positive, and I feel like we achieved our objectives, of team building, having fun, and providing some transferable skills for people.*

- N Frost, Director of Marketing  
Baxalta Inc.



## **As seen and heard on:**

- CBC Radio
- WGN Radio Chicago
- Wood8 Michigan's "Eight West" TV Show
- KCBS San Francisco
- Regular guest on TMJ4 Milwaukee's "Morning Blend"

**\*\*Presentations are interactive and customized to suit your group.  
No two presentations are exactly alike.\*\***

Connect with Julie and book her for your next event!  
Julie Ostrow; Humorist Speaker and Communication Coach  
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