SEA Fall Development Seminar with Dr. Matthew Wappett

10/28/2019

Dr. Matthew Wappett, Executive Director of the Center for Persons with Disabilities at USU, lead SEA Fall Development Seminar

Why Stress Makes You a Terrible Person, And Why You Should Laugh About It

If you didn't get the chance to join us for the SEA Fall 2019 Development Seminar on October 25, 2019 in the TSC Auditorium, or even if you did, you can relive the learning by watching the recording of the presentation by renowned laughter expert, Dr. Matthew Wappett!

We laughed, we learned, and we took home some valuable skills to help us recognize the impact of stress in our lives and mitigate that with laughter!

Dr. Wappett, Executive Director of the Center for Persons with Disabilities, conducts research and writes about the effects of laughter in the classroom and genuinely enjoys teaching people how to laugh! He has been referred to by many as the "Laughter Doctor"! He has been a featured speaker at state and national conferences and training events, and we got to learn from him right here at USU!

If you are interested in having Dr. Wappett provide training for your group or department, please contact him for further information.