

# LYN L. HESTER



Lyn has conducted workshops on stress management through the use of humor, the benefits of humor in relation to good health and how to incorporate humor into your life, for some of the top corporations and organizations in the USA.

Her enthusiasm is contagious. Lyn is one of the pioneers in the Humor movement. Everyone that has had the life altering opportunity to hear her speak are never the same again.

You don't just listen to Lyn's lecture on the benefits of humor, you internalize the message by laughing and enjoying the whole crazy, zany experience. Since founding The International Center for Humor & Health in 1985, Lyn has delivered her message to thousands across the USA. (A comprehensive list is available upon request.)

## ◆ Seagate Technology

*"She was UNBELIEVABLE, the way she entertained and captivated our group was astounding. She taught us more in 45 minutes than other speakers have in eight hours. But, I shouldn't be surprised, after all she is from the same state that gave the world Will Rogers and Jim Thorpe!"*

## ◆ Healthcare Forum Summit, San Diego, California

*"Lyn brought us to our feet. She not only touched our funny bone, she grabbed our hearts. I would highly recommend her to any organization wanting to improve their morale or humor quotient."*

## ◆ Paralyzed Veterans of America National Conference, New Orleans

*"I can't begin to tell you how many conferences I've attended, but this was by far the most interesting and entertaining. Lyn walked on to the stage and the room instantly lit up. Her personal approach to educating people about the benefits of humor won us all. My life was truly changed!"*

## ◆ Putnam Hospital, Putnam, New York

*"Humor in the workplace? I was a doubting Thomas when I walked into Lyn's presentation. I TRIED not to get caught up in the program, but eventually I ended up laughing harder and learning more than any of my co-workers."*

## ◆ Farmers Insurance Regional Conference

*"All I can say is, if you have the opportunity to have ANYONE you want speak to your company or organization and you don't chose Lyn, then you've just made one of the BIGGEST mistakes of your career!"*

## ◆ Oklahoma Gas & Electric Company

*"She was so funny that at times I couldn't hear what she was saying because of the laughter all around me. I could have listened to her all day long. I just hope my company brings her back real soon."*

## ◆ Insurance Women of Dallas, Texas

*"The most IMPRESSIVE keynote speaker I have ever witnessed. I was told by associates how wonderful Lyn and her messages were, but I didn't believe it until I saw it first hand. I am a TRUE believer in humor and in Lyn's ability to get the point across with grace and laughter!"*

Lyn Hester was the driving force behind the development of M.I.R.T.H. (Medical Institute for Recovery Through Humor) a skilled nursing wing at INTEGRIS Baptist Medical Center which studies the healing effects of humor. The M.I.R.T.H. wing and its philosophy have been featured in numerous local, national and international publications including: the **London Times**, **Southwest Airlines *Spirit Magazine***, **ABC Online**, **USA Today**, the **New York Post** and was the subject of a segment on both **Fox** and **PBS**.

Currently Director of Community Development for Integris Health, the largest Oklahoma-owned health system in the state, Lyn has taken a broad approach to the definition of health. She launched **B.E.E.P.**, a gang intervention program working to lower the juvenile crime rate; opened a free clinic in the inner city of Oklahoma City; partnered with two school districts to lower the drop out rate, runs a high school health recruiting program and oversees all senior services.

In 1985, Lyn founded the National Clown and Laughter Hall of Fame, now a division of The International Center for Humor and Health. Lyn is Chairman of the Board and continues to promote the healing art of laughter.

**Lyn is the recipient of numerous awards including:**

- ◆The FBI's Director's Community Leadership Award
- ◆Abe Lemmons Award for her contributions to the state of Oklahoma
- ◆The Ronald McDonald House Hope Builders Award for her contributions to children
- ◆Friends of Children Award from the Institute of Child Advocacy
- ◆Melvin Jones Fellow
- ◆Fellowship from the International Healthy Communities Forum

**Lyn's Board Affiliations include:**

- ◆The Jim Thorpe Association
- ◆International Center for Humor & Health
- ◆OK State University/OK City Foundation
- ◆Starting Right!
- ◆Institute for Child Advocacy
- ◆City Task Force on Homeless Teens

**Lyn is a member of:**

- ◆Founding Committee Member of the Learn Not to Burn Program
- ◆Steering Committee for PRAMS of the Oklahoma State Department of Health
- ◆Coordinating Council of Oklahoma School-to-Work System
- ◆Leadership Oklahoma City
- ◆Councilman on the Mayor's Neighborhood Initiative
- ◆Community Advisory Committee for the Junior League
- ◆Downtown Lion's Club

**Personal:**

Lyn holds a Bachelor of Science in Speech Communications and Spanish from Oklahoma State University. She also studied at the Technological Institute of Superior Students of Monterrey, Mexico. She did post graduate work at OSU and the University of Utah.

She is the author of several children's books including ***Stop, Drop & Roll*** in conjunction with the Learn Not to Burn series of the Oklahoma City Fire Department and ***Mary Lou Likes Blue***, which benefits the INTEGRIS Academy. Her book on humor, ***Take Two Chuckles & Call Me In The Morning!***, will soon be available.