



BIOGRAPHY

As CEO and founder of Laughter with a Lesson, Carol Ann Small works with organizations to banish burnout, stress less and create a better work life balance. She is a Motivational Humorist and an International Stress and Work-Life balance expert.

Carol Ann's customized presentations "Banish Burnout and Bounce Back!", "De-Stress and Get Motivated" and "From Wired and Tired to Inspired" have provided inspiration and information to Fortune 500 companies. Clients include: AstraZeneca, Harvard University, Bank of America, Dunkin Donuts, Aspen Dental, Mass General Brigham, Cigna, Bill & Melinda Gates MRI, FDA, Hilton, Comcast, Aetna, Social Security and the U.S. District Court.

Carol Ann has appeared on ABC's Good Morning, America and her enlightened humor and insight has graced the stages of the Majestic Theatre and Panache in NYC. She has also been profiled in numerous publications including Health Magazine, Hartford Business Journal and The Boston Globe.

While most speakers come to the podium without the benefit of any formal speech training, Carol Ann has a BSSP in Speech Communications and Performing Arts from Emerson College in Boston. She is a 25-year Professional Member of the National Speakers Association.

Carol Ann is in the top 5% of National Speakers Association to have earned both the CVP – Certified Virtual Presenter and VMP – Virtual Master Presenter designation. She is a Wiley Workplace Learning Solutions Facilitator, former Officer of New England Speakers Association and a CLL, Certified Laughter Leader.

And if all that weren't enough, Carol Ann has even been elected PT of NASA. N. A. S. A. Yes, in her spare time, Ms. Small manages the entire space program! Okay, in the name of full disclosure...in this case, NASA stands for the National Association for Scattered Adults! In other words, a bunch of over committed and thoroughly overwhelmed professionals striving to maintain a satisfying work/life balance. This is the target audience that Carol Ann had in mind when she created her inspiring programs on banishing burnout, alleviating stress, life balance, enhancing happiness, and exploring the fascinating science of the human brain.

