# KATE DAVIS

**Helping people find balance, resilience and connectivity through humor**

SPEAKER ♦ COMEDIAN ♦ PODCAST HOST ♦
♦ AUTHOR ♦ MC ♦

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## SELECT EXPERIENCE

BMO
Deloitte.
Stantec
HEWLETT PACKARD
MEDLINE
xerox
TD Bank
BentallGreenOak
Girl Guides
Bell
MeadowBrook
Sun Life
BILD
RBC Insurance
UNIFOR
hydro one
WESTON FOREST
PPPC
Holland Bloorview Kids Rehabilitation Hospital
CANADIAN TIRE
Toronto District School Board
fcssaa Family and Community Support Services Association of Alberta
peel District School Board
UNIVERSITY OF TORONTO
Toronto Metropolitan University
Canadian Mental Health Association Durham
YPO
SYNERGY NORTH
The Law Society of Upper Canada
Défense nationale National Defence
McMaster University
ONTARIO MEDICAL GROUP MANAGEMENT ASSOCIATION
HUMBER
CTF/FCE
Laboratoires médicaux Gamma-Dynacare Medical Laboratories
novo nordisk
Aquinox
Alberta Health Services

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## Kate Davis bring 15 years of expertise in transforming corporate cultures by unlocking extraordinary communication and teamwork.

Her approach, honed through years of working with diverse organizations, combines humor with practical strategies to revolutionize workplace dynamics. With two decades of research and development, Kate has refined her methods to address the unique challenges of modern corporate environments. As an award-winning comic, author of two books, and sought-after international keynote speaker, Kate has demonstrated her ability to connect with and transform teams across various industries. Her track record includes collaborations with high-profile figures such as former President Bill Clinton and the late Barbara Walters, showcasing her versatility in engaging with diverse audiences. Kate regularly appears on popular media channels, including TVO, Breakfast Television and CBC's Radio One, and has been published in Today's Parent Magazine, Reader's Digest and more. She has also penned two books. Her first, "Breast-feeding Diaries," won the iParenting Media Award.

Her most recent book, "Second Best Mom – Stories, Tips and Okay Advice," is now available on all platforms. In Kate's podcast, "Humor in the C-Suite", she interviews leaders, executives and business owners on how leaders use humor to create an extraordinary work culture further underscores her credibility as a thought leader in corporate culture transformation.

Through her uniquely crafted comedic keynotes, Kate Davis catalyzes profound changes in corporate environments. She combines humor, storytelling, and tailored techniques to break down communication barriers and foster team cohesion. Kate's methods equip employees with effective tools for stress management and sustained motivation, enabling them to thrive in dynamic work settings. Organizations engaging with Kate's programs report significant improvements in workplace culture, marked by enhanced innovation, stronger interpersonal relationships, and boosted productivity. Her approach leads to lasting transformations in how teams communicate, collaborate, and achieve their collective goals.

# CONNECTING THROUGH HUMOR

*Why Laughter Means Business in the Digital Age.*

It's never been easier to communicate and never been harder to connect. Between emails, virtual meetings, slack, social media, it's no wonder that burnout, stress and loneliness are at all-time highs, and trust is at an all-time low.

Instead of hiring the latest strategic communications firm, or spending countless hours learning how to train AI bots to communicate for you, what if you could learn some simple and easy tools to implement immediately that would drive connection and results?

Research shows that laughter and levity are some of the most powerful ways to **build meaningful connections, increase trust, reduce stress, and enhance employee engagement and performance.**

In this engaging and enlightening keynote, veteran comedian Kate Davis demystifies what makes us laugh and provides practical techniques for using humor to truly make an impression whether it's with clients, customers, co-workers, family, or friends. And if she makes you laugh in the process, it was almost certainly on purpose.

**Audiences will leave with takeaways including:**

- Specific examples and techniques to bring more levity into the workplace and how to de-risk humor. (We'll save impressions and prop work for the advanced class.)
- Ideas they can implement immediately on how to use humor to build trust with clients and colleagues.
- Research and examples showing the power that humor has on human connection which inspires and motivates people to truly live to their fullest potential.
- How to harness the power of humor to create an extraordinary work culture and collaborate as a team.

This keynote is perfect for any group looking to empower their teams to improve their culture, grow sales, expand their customer base, strengthen connections and most importantly, enjoy a healthy does of LAUGHTER!

# BALANCING LIFE WITH HUMOR

***We're jugglers in life and the first ball to drop is usually our own.***

The world is becoming more volatile, finding balance between our jobs, home, relationships with family, friends and co-workers can be challenging and overwhelming both in the workplace and home leading to stress, fatigue and low productivity. I mean nowadays we get stressed when our cell rings or excited when people cancel plans.

So, we stretch in every direction trying to satisfy and take care of everyone but ourselves. What if there was a simple way to bring more balance into our lives that didn't require overextending ourselves, our resources, and helped us be more present in our lives. Something you didn't even have to change into yoga pants for?

**Humor can do just that.**

It's not about the next best joke it's about lightening up and not taking ourselves so seriously and bring that to every area of our lives.

People, who attend Kate's "Balancing Life with Humor" Keynote, leave with an understanding of practical techniques for refueling, rediscovering, and reengaging their true selves. Learning to use humor as an instrument of communication creates an atmosphere of compassion, caring, and increased productivity.

**Audiences will leave with takeaways including:**

- Learning how to apply and use humor into their day-to-day life to keep them healthy, happy, and whole.
- They'll learn practical techniques on how humor changes the chemistry of our brains and how to implement the benefits it has on stress management, human connection, and trust both at home and the workplace.
- They'll learn what humor style they fit into and how use that to ease tension, create an innovative environment, and enhance communication.
- They'll discover how humor and levity allow us to be more playful which leads to innovation and team collaboration.
- They'll experience a great ab workout from laughing so hard.

# CREATING HIGH-PERFORMING TEAMS

***Utilizing levity to create, connect, foster belonging, and boost productivity.***

The highest-performing teams in the country understand that real success comes from harnessing the collective strengths of every team member. What many leaders overlook, however, is that the secret ingredient to unlocking this potential is often levity in the form of laughter. Levity isn't about making things lighter— it's a powerful tool for connection, collaboration, and trust all of which lead to improved performance.

Kate Davis has partnered with hundreds of category-leading companies, delivering transformative experiences that are not only hilarious but packed with actionable insights that actually move the leadership needle. Through her unique blend of comedy and research-based strategy, Kate doesn't just talk about the power of humor — she shows it in action, engaging audiences with real-time demonstrations that are as entertaining as they are enlightening.

Many leaders walk into Kate's sessions believing they need to be the strongest or most authoritative voice in the room. What they learn is that the most effective leaders are the ones who are relatable, emotionally intelligent, and present. In an era of rapid digital transformation and increasing workplace disconnection, those who can create authentic human moments — through humor and humility — are the ones who lead high-performing, connected teams.

**Audiences will leave with takeaways including:**

- How to de-risk humor and understand when and how to use it appropriately
- How to leverage humor to your advantage
- The key to building trust while honoring professional boundaries
- Ways to use humor to connect, even without telling a single joke

Audiences will leave this keynote energized, equipped, and inspired — with practical tools to build stronger teams, foster deeper connections, and create a culture where productivity and belonging thrive, all through the simple yet profound act of bringing more levity and laughter into the workplace.

# CLIENT TESTIMONIALS

*Kate's presentation was a great lighthearted and comedic way of looking at the importance of connecting with those around us, during these truly unique times. She integrated storytelling and anecdotes to her presentation, making it a fast-paced one hour long panel on how to stay connected and keep things on track within an organization.*

*Kate is the complete opposite of boring. Her endless energy and positivity allowed her to easily engage her audience virtually and keep everyone involved and interested during the whole presentation, which we recognize is not easy to do! Prior to this event, she took the time to learn about our team and our interests in this topic and created a presentation that perfectly met and surpassed our expectations. Her passion about this topic really shined through in her stories and explanations of the importance of finding a way to connect with those around us and reflect on who we are.*

*Kate clearly loves what she does and her passion in her work as a comedian and a comic shined throughout the whole presentation. We would strongly recommend Kate Davis to anyone looking for a bright and energetic encounter about humor and connectivity in the workplace.*

***RBC Life Insurance Company***

*Kate was so fun and friendly to work with leading up to the session and put our minds at ease in knowing the event was going to go well. And we were not wrong; our virtual attendees all indicated that the laughs were very much needed during these stressful times! It's not always easy to see the humor in our daily lives, particularly for leaders in our industry that has been so impacted by Covid. Thank you, Kate, for the reminder to find what gives us joy, make ourselves a priority, and lighten up!*

***Alberta Continuing Care Association***

*Thank you for an amazing presentation on Tuesday! When can most people say that they spent more than 3 hours laughing and learning? Rochester has a reputation as a conservative, dare I say "stodgy" place. You single-handedly took a wrecking ball to that! You've set the bar incredibly high for future presenters.*

***The Phoenix Group***
*Don Waltzer, Chair, Exec Dev LLC*

*Thank you so very, very much for today! You are absolutely brilliant, and I do believe in the power of healing through positivity and humor. I needed to hear you today. You are a great healer.....*

***The Law Society of Upper Canada***

*I just wanted to let you know that Kate was very well received last week. She did a great job of getting people to relax and just have fun. I thought the messaging was spot on as to what I was looking for.*

***Bell***

SPEAKER ♦ COMEDIAN

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## Contact


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