



Dr. Laura Hayden **Comedian. Speaker. Physical Therapist**

Educational Session

Undercover Introvert: Turning your Quiet into Power (60 Minutes)

Program Abstract:

Dr. Laura Hayden shares her painful and funny evolution of extreme introvert to stand-up comedian. Growing up pathologically shy and introverted to the level of a social disability, Laura felt isolated, lonely and terrified of every public interaction. In a sociality that praises fast talkers, class participation, group projects and team building the world can be an overwhelmingly scary place for the quiet, contemplative wallflowers. Laura uses her experience, comedy and strategies to not only survive but also thrive in a loud, in your face, extroverted world.

Presenter Bio:

When Laura Hayden is not killing patients—with laughter, she is killing it on stage as a stand-up comedian and inspirational speaker. Dr. Laura Hayden is a practicing physical therapist, touring comedian and speaker. Laura's stand-up career started at the front of the classroom while she earned her Masters in Physical Therapy from Mount Saint Mary's College. Her ability to highlight the humorous side of medicine led her classmates to nominate her to give their graduation commencement speech. To this day the faculty at Mount Saint Mary's College still talk about that "infamous" commencement speech. Laura credits this as her first stand up performance and yes she was terrified.

Laura's reinvention from extreme introvert to stand-up comedian is funny and inspiring. She witnessed how her mother's shyness put limitations on her life and vowed at an early age not to follow her path. Her pursuit to be a pseudo extrovert started with her first day of college. She developed personal strategies to help her deal with what she calls the 'childhood demons'. Later after her personal struggle with professional burnout she credits stand-up comedy or saving her medical career. This led her to research the healing aspect of laughter, which led her to pursue her PhD from Boston University. The emphasis of her PhD was burnout and therapeutic laughter. She found that laughter—as cliché as it may sound—truly is the best medicine.

Today Laura lends her humorous take on the absurd, bizarre and rare moments that make living and healing such a great part of the human experience. Part of her mission to serve others, educate and entertain with kindness and humor

Laura Hayden leaves no sordid stone unturned in her speeches and stand-up comedy. The mastermind behind the multi-media show "I Didn't Mean To Be A Virgin In The 80's," All topics are fair game for Laura, from her own stories of coming of age to the bizarre and all too funny real life experiences. Laura has appeared in countless clubs, theatres, casinos, cruise ships, military tours and shacks all over the United States and 26 countries. As a stand-up comedian she has performed at festivals in New York, Boston, Las Vegas, Los Angeles, San Francisco, Seattle and Scotland. Other credits include TV Guide Network, Laughs on Fox, The Night Shift with Kevin Ferguson, Funny.com, Dead Americans, LATALK radio and XM radio. Learn more about Laura by visiting www.laurahayden.com

Program Goals:

Understanding the differences between introverts and extroverts and accepting that both personality types are welcome and accepted. Learn how to turn your quite into power.

Program Diversity:

The session explores the social values of introverted verses extroverted and embraces the uniqueness of both. And explains why we need both in the world.

SESSION OUTLINE:

- **Introduction – (Comedy Video, Laura’s Background)**
- **Growing up pathologically shy and other childhood horror stories**
 - Why teachers, schools and society at large doesn’t understand
 - The world is set up for extroverts to win and introverts to lose
 - Why you must fight back
 - How to set it up for you to win even as a wallflower
- **Background on introverts verses extroverts**
 - *Which are you?*
 - Introverts verses extroverts quiz (Handout)
 - Can be both introverted and extroverted?
 - What’s the difference?
 - Depends on setting, environment, situations
 - Nature verses nurture
 - Can you change? Is your destiny set by genetics?
 - *Characteristics of introverts and extroverts, the good and the not so good.*
 - Famous introverts verses stereotypes
 - The positive spin on being an introverted.
 - How to deal with extroverts and vice versa (Exercise)
 - Why extroverts don’t understand your fears
 - Adaptions tools
 - Challenges unique to the shy and quiet types
 - Secondary issues to consider with introverted personalities
 - Loneliness, isolation, avoidant behaviors
 - *Strategies to fake it till you make it in an extrovert world.*
 - The logical approach
 - The world is not against you.
 - Can you handle the outcome?
 - The power of ‘no’
 - Practice
 - Baby step to extroverted behavior
 - Bigger steps to extroverted behavior
 - Learning to step into the big scary extroverted world
- **The Works Cited**
 - Brown, Brene. *The Gifts of Imperfections: Let go of Go of Who You Think you’re Suppose to Be and Embrace Who You Are.* Center City, Minnesota United States: Hazelden. 2010. Print.
 - Cain, Susan. *Quiet: The Power of Introverts in a World that Can’t Stop Talking.* New York: Random House Inc., 2012. Print.
 - Duhigg, Charles. *The Power of Habit: Why We Do What We Do in Life and Business.* New York: A Penguin House Company. 2012. Print.
 - Mohr, Tara. *Playing Big: Find your Voice, your Mission, your Message.* New York: A Penguin House Company. 2014. Print.
 - Olsen Laney, Marti. *The Introvert Advantage: How to Thrive in an Extrovert World.* New York: Workman Publishing Company, Inc. 2002. Print.
- **Questions and Answers**
 - Laura invites participants to ask her questions
 - Resource Handout

Equipment Needed – White Board. For large presentations Power point projector and screen, microphone, lights, stage.

CLIENTS:

- University of California - Long Beach, Dominguez Hills.
- McKesson Pharmaceutical Co. National Credit Meeting CA- Keynote
- Mother of Twins Conference Boston MA -Keynote
- PAC (Parents of Awesome Children) fundraiser, Lake Havasu, AZ - Keynote
- Rancho Cucamonga High School CA
- Ribbons for our Troops Foundation, Indio CA
- RSA Convention San Francisco CA
- Global Law Brigade, UC Irvine, Irvine CA
- The Let It Be Foundation fundraiser, Chino Hills CA
- The New Center for Psychoanalysis Los Angeles CA
- West Coast Spring Manufacturers' Association
- Alliant Insurance Services Inc., Newport Beach CA
- American Red Cross WIC Program, San Diego CA - Keynote
- Child Help, Ventura Chapter
- Clark County Wholesaler's Auto Parts, Las Vegas NV
- Comedy Cares, Brentwood Theatre, Brentwood CA
- Giggles for Gilda Benefit, Huntington Beach CA
- Granite Construction Winter University Luncheon, Reno NV
- NAWIC (Women in Construction) Anniversary Dinner, Irvine CA
- Soroptimist International of Whittier, Whittier CA
- St. Baldericks Cancer Fundraiser, Seal Beach CA
- St James Methodist Church, Pasadena

GET more information at www.laurahayden.com

E-press-kit sent on request.