



To become an excellent Laughter Therapist, it is essential to cultivate certain personal qualities and embody key values. Authenticity is paramount. A Laughter Therapist must be genuine, sincere, and transparent in their practice. Participants must feel that laughter comes from the heart, that it is spontaneous and not forced. By being oneself, without trying to play a role, you create a climate of trust conducive to letting go.

Kindness is another cardinal value. The Laughter Therapist welcomes each participant with respect, without judgment, with equal consideration. They show empathy, put themselves in the other's shoes to understand their experience and adapt their practice. They encourage and value the efforts and progress of each individual. Their approach is positive, focused on the resources and potential for development of individuals.

Open-mindedness is essential. The Laughter Therapist is curious about human diversity. They welcome difference as richness. They are ready to question themselves, expand their representations, to consider other points of view. They know how to adapt to various audiences, of all ages, of all cultures. They are comfortable with the uniqueness of each group, of each session.

Creativity is at the heart of their practice. The Laughter Therapist is inventive, they dare to step off the beaten track. They constantly imagine new exercises, new approaches. They draw inspiration from various disciplines: theater, dance, music, yoga... They divert objects, transform space, create offbeat universes. Their imagination is a wonderful tool to surprise, renew interest, promote play and spontaneity.

Flexibility and adaptability are essential. The Laughter Therapist knows how to adjust their program according to the group's energy and receptivity level. They can change pace,

improvise, bounce back from the unexpected. They listen to the needs and know how to adjust with flexibility. They can simplify or complicate exercises according to everyone's abilities.

Commitment and passion are powerful drivers. The Laughter Therapist deeply believes in the virtues of laughter. They are convinced of its positive impact on physical, mental, emotional, and relational health. Their enthusiasm is contagious. They inspire participants to go beyond, to explore new possibilities. They transmit their energy and joy of living.

Rigor and professionalism are crucial. The Laughter Therapist is serious in their preparation. They define clear objectives, build structured sessions, rely on validated knowledge. They respect the ethical framework of their practice. They ensure the physical and psychological safety of participants. They know how to set boundaries if necessary.

Responsibility and ethics guide their action. The Laughter Therapist is aware of their influence on participants. They use this influence with integrity, respecting each one's autonomy. They do not seek to manipulate or impose their views. They encourage everyone to become an actor for their well-being. They clarify their role, their limits, the objectives and means proposed.

By embodying these humanist values, by cultivating these relational qualities, the Laughter Therapist creates the conditions for a kind and effective practice. Their interpersonal skills are as important as their knowledge. It is through their way of being that they inspire participants to embark on the adventure of laughter, to connect with others and with themselves authentically. The qualities of the Laughter Therapist are the pillars on which trust is built, creativity unfolds and each one's potential blossoms.

Key takeaways:

- Authenticity is paramount for a Laughter Therapist. Laughter must come from the heart, be spontaneous and not forced.
- Kindness, respect, and empathy are key values. The Laughter Therapist welcomes each participant without judgment and encourages their progress.
- Open-mindedness allows for adaptation to varied audiences and welcoming difference as a gain.
- Creativity is essential for imagining new exercises, approaches, and offbeat worlds that promote play and spontaneity.
- Flexibility and adaptability allow for adjustments to the program based on the group and its needs.

- The commitment, passion, and enthusiasm of the Laughter Therapist are infectious and motivate participants.
- Rigorousness, professionalism, and respect for the ethical framework ensure serious and safe practice.
- Responsibility and ethics guide the action of the Laughter Therapist who acts with integrity, encourages autonomy, and clarifies their role.
- The interpersonal skills of the Laughter Therapist, through these qualities and values, are as important as their knowledge to create a trusting atmosphere and allow everybody's blossoming.