



**Jenny Herrick, RN, BAS, DTM, CLL**  
**Warm, Wise and Witty With Attitude Galore**

Jenny's speech will make you laugh, cry, and realize that life is too short to be taken so seriously!

She is one of the most affordable speakers of her caliber in the nation. She has given more than 400 professional speeches since 1995.

Her message has taught hundreds of thousands of people around the world how laughter can help them lead happier and healthier lives.

Jenny's clients include Fortune 500 companies, National and State Associations, Health Care Organizations, Nonprofits, Conferences, and Professional Societies.

"I was one of the 500+ people in the audience in Des Moines at the National Guard Bureau Family Workshop. It had been a long time since I laughed that much! Thanks for all you do with laughter and especially thank you for motivating me to get involved."- Colonel James Scott, Director, Individual and Family Support Policy Office Washington, D.C

Jenny Herrick, RN, BAS, DTM, CLL is a nationally-known professional speaker and motivational humorist who is living proof of her message that a sense of humor is vital to weathering life's storms.

A seasoned presenter of keynote speeches, endnote addresses and everything in between, Jenny believes you should laugh heartily and often - not just for the heck of it, but also for the health of it!

## **Presentations:**

### **Joy on the Job (or It's Business as Unusual)**

You're wasting your life if you're not enjoying your job! This fun-filled workshop is packed with numerous tips and techniques on how to "lighten up" your workplace. Jenny will show you how to change the chemistry of your workplace to create a more positive atmosphere - the key to productivity and excellence. Get your pencil and paper ready while you sit in on this fun, hilarious and dynamic presentation.

### **Everyone Winds Up a Winner!**

"Ever noticed how little children hate to go to bed and can't wait to get up in the morning? They don't want to miss anything! When is the last time you felt like that? It's possible to experience that feeling again... as long as we make a choice! This presentation is for everyone who needs to recognize that a positive attitude is our most VALUABLE possession! (A negative attitude is like a flat tire - you aren't going to get far until it's changed.)

### **It's Laughter We're After**

Laughter does NOT come easily for everyone! Humor is OUT there... we just need to put on our 'comic glasses' and look for it! This topic is for audiences who want to be entertained and enlightened by Jenny's enthusiasm and genuine belief that "laughter is the best medicine." The next time you see people laughing... you can almost believe that they are having fun! (Or listening to Jenny speak!) You can't go wrong with this presentation for any group or function!

### **You've Got to be Kidding!**

Give yourself permission to laugh! So when did this come about? Needing permission to laugh? Come on, you've got to be kidding! Your health may depend on it. This presentation explores humor's psychological and physiological benefits and provides lots of fun doing it! If medical studies have proven that humor is healing... why aren't more doctors laughing?

### **The Green Light to Ground Zero**

To bring a smile through adversity is a gift to be treasured and many gifts were delivered at Ground Zero when "Lottie-da" (otherwise known as Jenny) delivered some "mirth-aid" (red noses, hugs, stickers and smiles) just nine weeks after 9/11! She enjoys telling about this emotional episode in her life in which an abundant amount of smileage took place.

## **Two Weeks, a Red Nose and the Real Patch Adams**

Come hear how Jenny traveled half way across the world in this life-altering experience. Can you even fathom the idea of 45 "odd" clowns from different parts of the world going off to a country where English is not their native language? The fact that Dr. Patch Adams was their leader is a whole story in itself! This was, without a doubt, a trip of a laughtime! Jenny's presentation, complete with slides, gives an account of what it was like to travel with the famous doctor whose life was made into a movie and was portrayed by Robin Williams. That should tell you that Patch doesn't look, act, or think like any doctor any of us has ever met before!

"All people need to join hands in a common humanity and feel a brotherhood and sisterhood. From this context can grow peace and justice. Few things foster this precious dream like the direct application of sweet humor and love, both embodied in the clown." -Patch Adams

This effervescent speaker can also cater her topic to your event's unique needs for a powerfully positive presentation sure to leave your attendees smiling, slapping one another on the back and buzzing for days to come! If you're looking to impact your audience with the value and power of humor, Jenny is the speaker for you. Call her today - she'll have you smiling in no time!

Get your copy of *You Laugh, I'll Drive!* today!

"This book is such an easy read, but so hard to put down. One minute I'm laughing, the next I'm crying. I loved it!"- Dot Bangs

A popular presenter who enthusiastically shares life-changing reasons why laughter is key to a healthier, happier life.

A dynamic woman who can laugh at her own imperfections (and knows very well that if SHE doesn't, someone else will)!

An accomplished keynote speaker primed to kick off or close your special event with a rock-solid message that will literally change your life.

Jenny's expertise, comfortable presentation style and life-changing message will provide you and your audience with an uplifting, memorable experience. As a nationally recognized motivational speaker, Jenny offers fast-paced humorous presentations peppered with personal anecdotes and real-life experiences including how she woke up one morning, and before the day was over, had become a widow

and single parent at age 27. She talks about many personal challenges including career changes, family losses and disappointments - all with unshakable optimism. She says, "Without my deep faith and sense of humor... who knows where I'd be or what I'd become?" She brings laughter and encouragement, delighting her audiences as she offers life-changing material.

Two experiences that profoundly changed her life happened in 2000 and 2001. In 2000, Jenny joined a Fun Medicine Delegation of clowns led by Dr. Patch Adams traveling to hospices, orphanages and healthcare facilities in China to spread smiles and joy and reinforce the power of a positive attitude and laughter. In 2001, only nine weeks after 9/11, she joined fellow clowns at Ground Zero in New York City to provide "mirth aid" to rescue teams and recovery workers. Currently, you will find Jenny passionately sharing her deep-felt message around the globe with her unprecedented level of energy, passion, insight and fun.

"I can testify to the benefits of laughter," says Herrick, a registered nurse, professional clown and president of a.k.a. - ALL KIDDING ASIDE, a presentation business focused on improving health, well-being and productivity with laughter.

"I love to brighten someone's life and what a gift it is for someone to come up to me after a speech and say, 'Thank you so much, Jenny. You made me realize that I can laugh again.' Laughter heals BIG TIME!"

Jenny will show you that humor gives us a different perspective on our problems and, as comedian Bill Cosby is fond of saying, "If you can laugh at it, you can survive it."

A registered nurse who graduated from the Lutheran School of Nursing in Sioux City, Iowa, a loooooooooooooong time ago and 25 years later earned her Bachelor of Applied Science degree from Westmar University in LeMars, Iowa.

A former psychiatric nurse ("I felt right at home!"), obstetrical nurse, educator in a community college and traveling nurse consultant who has studied the topic of health and humor extensively.

A member of the National Speakers Association, recognized as Distinguished Toastmaster in 1995.

Graduate of the University of Wisconsin-LaCrosse Clown College and manager of the Caring Clown Troupe at a local hospital. Charter member of the Womens Ecommerce Association, International.

Nominee for the Women of Excellence award in the "Women Striving to Make a Difference" category.

Founder and president of All Kidding Aside, an organization designed to inspire and motivate others to realize the value of humor.

A self-published author with the 2007 publication of her autobiography "You Laugh, I'll Drive," which takes readers on a wild, uplifting ride into how she has learned to laugh, in spite of life's speed bumps, detours and head-on collisions.

Contributing author in the book, "Conversations on Health & Wellness" with Dr. John Gray, best-selling author of "Men are from Mars, Women are from Venus."  
The perfect speaker for your next special event!

Client's

State Farm Insurance

Thrivent Financial Services

United States Postal Service conferences

Iowa Department of Corrections

Great West Casualty Company

Lennox Industries

Lewis & Clark Hydraulic Company

Martin Brothers Distributors

Mid-American Energy

National Kidney Foundation

National Research Corporation

Northeast Nebraska Telephone Company

Northwest Iowa Public Cooperative (NIPCO)

Opus User's Conference - Austin, TX

Prince Manufacturing

Nebraska State Postmasters Convention

Security National Bank

Knights of Columbus (2 times)

Summerset Retirement Community - Brentwood, CA (3 times)

Three Rivers Center for Independent Living

USDA Soil Conservation Conference

University of Texas School of Nursing - San Antonio

West Central Development Corporation Legal Assistants/Paralegal Group

Elderhostel - Western Iowa Community College

Drexel University - Philadelphia, PA

Iowa Child Care Providers Conference

Iowa Child Transportation Conference

St. Luke's College of Nursing  
Iowa State University Professional Staff  
Lake Ripley School Faculty - Litchfield, MN  
Little Priest Tribal College faculty  
Northwest Community College  
Northwest Missouri State University  
Sioux City School Administrative Staff  
Southeastern Community College  
United Ostomy National Conference - Las Vegas  
Alzheimer Caregiver's Nite Out  
Avera Health System  
Cancer Survivors Days in Iowa, Nebraska & South Dakota  
Clinic and Office Nurse Conference  
Des Moines Mercy Medical Center  
Des Moines Orthopaedic Surgeons Workers Compensation Symposium  
EMS State Conference  
Gerontology Conferences  
"Go Red for Women" Luncheons  
Tuality Health System - Hillsboro, OR  
HIV/AIDS State Conference  
Home Health Conference  
Dietary Managers of Iowa conference  
Hospice of Siouxland  
Hospital Week/Nurse's Day - Brownsville, TX  
Human Services Center (Hospital Week) Yankton, SD  
Hutchinson (MN) Area Health Care  
Iowa Chiropractic Society  
Iowa Wellness Conference  
Iowa Alzheimer Conference  
Laredo Independent School District - (Nurse's Day) Laredo, TX  
Lincoln General Hospital  
Marshalltown Medical Center  
Medical Clinic Managers  
National Nursing Faculty Conference - Atlantic City, NJ  
Nurse Practitioners of South Dakota  
Sanford Health Center  
Nurse's Day/Hospital Week - Sioux Center Hospital  
Occupational Health & Safety Conferences  
Parkinson's Support Group  
Plains Center Mental Health Conference  
Radiologic Technologists' Spring Conference  
Respiratory Therapy Conference

South Dakota Laboratory Conference  
St. Luke's Regional Medical Center, Sioux City, IA  
Siouxland Aging Services  
Siouxland Mental Health Conference  
Siouxland Orthopaedics & Sports Medicine Clinic  
Siouxland Regional Cancer Center  
Women of the Moose International Conference - Las Vegas  
Carmelite Board Luncheon  
Christian Women's Club  
Des Moines Women's Club  
General Federation of Women's Clubs  
Mother/Child Banquets  
PEO Chapters - regional/state  
Shrine Ladies  
Skiff Medical Center Women's Health services  
Spirit of Women Speakers Bureau  
Iowa Commission Handicap Association  
Alzheimer Association, Big Sioux Chapter  
American Business Women's Association  
American Cancer Society - IA/ SD/NE  
American Society of Safety Engineers  
Child Care Resource & Referral Agency  
Council on Sexual Assault and Domestic Abuse, Inc.  
Department of Human Services  
District Toastmasters Conferences  
Easter Seals Society  
First Dakota Bank (all branches)  
Florida Statewide Conference on Homelessness  
IaPELRA Convention  
Iowa Community Action Agency  
Hospital Volunteer Recognition Events  
Iowa County Engineers Office Conference  
Iowa Credit Union League  
Iowa Farm Bureau  
Iowa Finance Officers Conference  
Iowa National Association of Housing Organization  
Iowa State Association of Counties  
Iowa State Bank Branch Managers  
National Guard Family Training Workshops (3 times)  
Nebraska Firefighters Auxiliary annual convention  
185th Air National Guard - Sioux City, IA  
Public Relations of America Conference