

# Laughter therapy good for managers

Stellenbosch University, reports *Times Live*, has brought in a top leadership development coach, Barrie Zucal, to present laughter therapy courses to its students as part of a scientific leadership development programme.

Zucal is the president of Global Coaches Network and he will attempt to teach managers and executives that laughter enhances productivity in the workplace.

The University of Stellenbosch Business School says that business leaders should laugh more to maximise their management competency and reduce personal stress.

## Read more:

- *Times Live*: [Stellenbosch University introduces laughter therapy](#)

## To learn more about the classes:

- [Masterclass in Coaching: the learning process for adults](#)

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