

### Spotlight on New Members: YourShiningExample.com



Trina Hess has been a comedian for the past 12 years. She now calls herself a humorist because they make more money. Theoretically. And because being a humorist speaker offers her more opportunities to bring humor and laughter to the place that desperately needs it: the world of work. "Professionals can't be seen laughing at certain jokes in comedy clubs. Unfortunately that is the only place we feel is legitimate for humor. But we can add humor to our work lives, too. That's where we spend most of our time. We can use this tool called humor to make our work lives less stressful and more enjoyable."

Trina's clean, clever, customized comedy is perfect for after-dinner and banquet events. Her entertaining keynote uses parts of her comedy act to illustrate how to, "Get Your S.H.I.N.E. Together!" so you can Live Life—Lite! "When we hear the word "comedian" we tend to have one image in our minds: The class clown, male, loud, crass. If we don't fit that image, we don't feel we could use our sense of humor in professional settings. We tend to forget that some of the best comics are introverts, quietly observing all the humor that's going on all the time."

Her own motivational speaking campaign began in the 6th grade. When this normally shy student launched into a mesmerizing history of the jump rope, the other students were mesmerized. And probably a bit shocked. "It was a refreshing experience, not terrifying at all. I realized there was power in the platform." Several years later, she competed in a Toastmasters humorous speech contest and was solidly hooked on comedy. A stint with Second City in Cleveland and several comedy writing classes further polished her humor skills.

Trina's unique brand of humor shows in her smart style and keen wit about the absurdity of real-life. "When we don't honor our own personal style of humor, we lose. A lot. We lose the chance to make a human connection in a technology-saturated world. We lose the chance to stand out in an entertaining and memorable way. Ultimately we lose the chance to make ourselves more marketable and compelling."

Trina recently completed her doctoral degree at Penn State in Adult and Workforce Education. She plans to add to her keynote one of her research findings on humor as a coping mechanism during transitions.

Visit Trina's website at [www.yourshiningexample.com](http://www.yourshiningexample.com) and read her daily humor blog posts. Visit her YouTube channel "cleanatrina" to see her in action. To contact Trina about speaking at your next event call 814-319-2184 or email her at [trina@yourshiningexample.com](mailto:trina@yourshiningexample.com)

### Early-bird registration rate for Venango Works! Trade Show



The 2010 Venango Works! Trade Show will be held on Friday, April 23rd from 10:00 AM until 9:00 PM at the Cranberry Mall.

Members who sign-up before the end of February will receive a 25% discount on their registration.

The Venango Works Trade Show is open to Chamber members and non-members. See the insert in the February newsletter for details on cost and set-up or call the chamber.

We hope you will be able to join us at the show.

Exhibit. Experience. Network.

#### Franklin Women's Health Associates

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