



**Loretta LaRoche** is an acclaimed speaker, author and international stress management and humor consultant who has evoked wit and irreverent humor on her audience for over 30 years. Using humor to reframe a stressful situation, Loretta captures a new perspective on the difficult parts of life. Her teaching style, credibility and incontestable humor are integral parts to her compelling presence.

Loretta LaRoche is on the Mass General advisory council for anxiety and depression and is founder and president of The Humor Potential, Inc, a company offering programs and products for life style management. Loretta's special brand of optimistic psychology has an undeniable positive effect on the health of all that are exposed to her.

Loretta LaRoche writes a weekly newspaper column titled, 'Get a Life', Sane Wisdom for an Insane World, which is featured in the Patriot Ledger every Monday and syndicated throughout the country by GateHouse Media.

Loretta has "Sold Out" venues across the country with her outrageous one woman show; Boston Symphony Hall, The Hanover Theatre, Emerson Magestic, Berklee Performing Arts Center, Providence Performing Arts Theatre, Palace Theatre in Albany NY, Capital Centre for the Arts in Concord NH, Stadium Theatre, Telus Center in Canada just to name a few.

Loretta has toured with The Power Within sharing the stage with Lance Armstrong, Former President Bill Clinton, Ellen DeGenres, Anthony Robbins and many other great leaders.

As an acclaimed author, she has toured with the Hay House, "I Can Do It!" conferences. She has shared the stage with acclaimed authors such as, Dr. Christian Northrup, Suze Orman, Louise Hay, Dr. Wayne Dyer, Collette Baron Reid, Lisa Williams, Cesar Milla...

## Loretta LaRoche

### Speech Topics

- ☐ Motivation
- ☐ Humor
- ☐ Health & Wellness
- ☐ Celebrity

