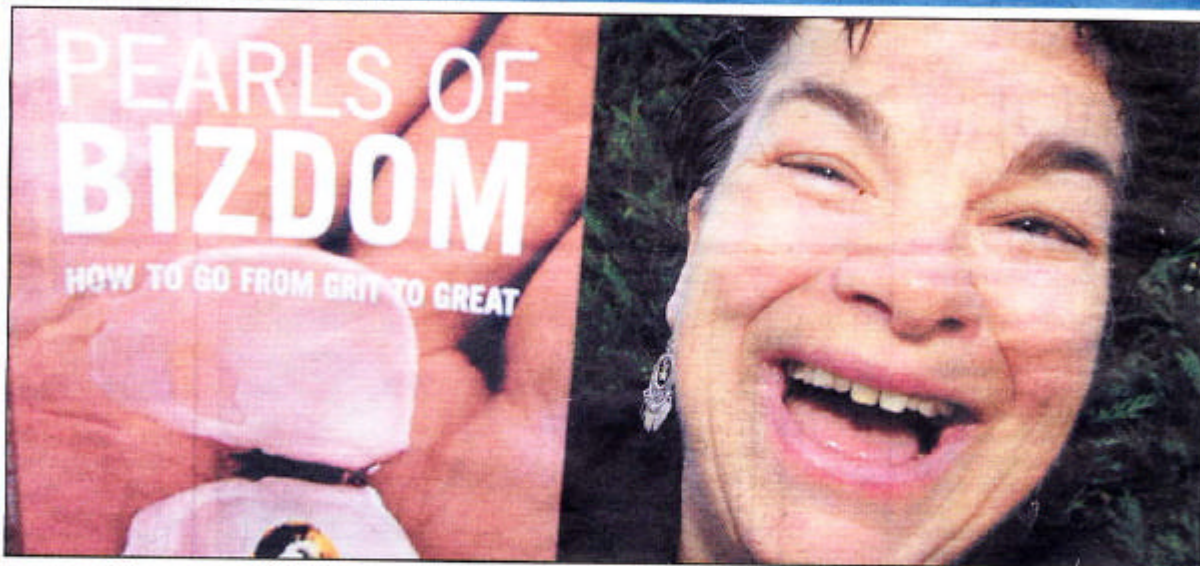


Kate's bizzy having fun!



Kate Hull Rodgers from Blyton is a humour consultant and has written a book on the subject. (G634CE)

By Andrea Borrowdale

A FORMER mental patient from Blyton has been able to see the funny side of life again after becoming a humour consultant and publishing her first book.

Canadian-born Kate Hull Rodgers, of Church Lane, had worked as an actor for many years but ran herself into the ground due to overwork and was diagnosed with manic depression and schizophrenia around 20 years ago.

But the 45-year-old humour consultant - who goes into companies and teaches staff how to bring humour into

their work - is all smiles again after the launch of her new book "Pearls of Bizdom".

The mother of two - whose business, HumourUs, has seen her visit workplaces in 30 countries, across five continents - says she had endured a tough time in the past.

"Before I became a humour consultant I was a actor performing in theatre and I worked myself into the ground resulting in a mental breakdown", she said.

"I was diagnosed with manic depression and schizophrenia and was chained to a bed in a mental hospital until I discharged myself.

"When I got out I thought how can a reinvent myself so I decided to pursue becoming a humour consultant and have been doing it ever since."

Kate's book encourages people to bring humour into their work and she says that if people have fun in their job then they will produce better work.

When conducting the seminars, Kate uses her own life experiences in the lecture, which, she says, people find very interesting.

Since Pearls of Bizdom was released on October 1, 504 copies have been sold.

Kate said "Great Britain is the only

country in Europe where people have the longest working week.

"And we all know that if people are happy at work they will have a better output.

"To be honest I wish I had written this book a lot sooner than I did because it has been selling really well.

"People should enjoy their work, not find it a chore, so if I can relieve them of some of the stresses in their job and encourage them to have fun at work then I know I have done my job right."

Pearls of Bizdom is available via www.amazon.co.uk and for more information visit www.humourus.co.uk