

# KENT RADER

## *Biography*

Kent Rader is a professional speaker, author, and comedian. He helps companies and associations wanting to be successful by reducing stress through laughter. Having spent twelve years as CFO and CEO of hospitals and five years in public accounting, Kent has experienced the stress of today's business world first hand. In 1998 Kent became a professional speaker so he could share the importance of laughter in combating stress. "Regardless of the source of my stress, whether it be work or home," Kent says, "humor seemed to be an important tactic to changing my perspective."

Kent found his true calling when he began to help people reduce stress by making them laugh. Kent states, "I told my son after September 11, 2001, I was born to do this. I would rather die at 45 having made people laugh than live to be 100 doing accounting ... but then, who wouldn't?" In 2002 Kent published his stress reduction book titled "Let It Go, Just Let It Go." Consumed with making people laugh, Kent began working in comedy clubs that same year in order to improve his already gifted sense of humor.



Today Kent takes participants in a journey that audience members will not want to end. It begins with Kent showing people how the origins of their stressful feelings are derived and how humor is a proven tool in combating these feelings. He offers practical ways to include more humor in your life, along with stories that are guaranteed to make any audience laugh.

Using Kent's recommendation produces genuine results, like reducing stress, increased employee retention, improved creative problem solving skills, better cooperation, and collaboration within a team or company, as well as making an organization more successful. One participant from a hospital may have said it best: "I laughed so hard my face hurt! Aren't we lucky Kent chose to leave accounting to develop this wonderful gift?"

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