



## Pat Gacutan

**FUNSCHWAY SENSEI**

*Pat is a humorous motivational speaker, trainer, and author with an exceptional talent for making people laugh.*

*She has traveled worldwide sharing her creative and innovative ways for de-stressing.*

Learn more at:

[www.funschway.com](http://www.funschway.com)

QR Code

This book brings together Pat's years of dedication to bringing positivity and fun into hundreds of people's lives.

You will learn from her experience how to create your environment geared toward promoting positivity and its impact.

Pat has an engaging approach to empower you to change your way of thinking toward a brighter look at life.

Her focus is on showing the benefits and value of positivity and fun. She shares fascinating ideas and inspirations that will motivate you to Defend Your Happy Place.

I have seen Pat present and what she says sticks! People get it, it resonates with them, and they USE the information she provides . . . Pat inspires people to action and Pat continues to do just that.

Megan Brogger, Psy.D.,  
Partner, Lumin Advantage Consulting

Pat Gacutan truly projects the spirit of FunSchway. Her approach to workplace happiness and harmony is both gracious and amusing . . . For any business or organization that is looking for answers on how to deal with the challenges faced by all of us in our lives and our workplaces, Pat is your go to person.

Deborah Lowe Muramoto  
Director, Women's Business Center  
California Capital Financial Development Corp.

Thank you, Pat for inspiring, challenging, and organizing a process for success while having fun along the way!

Beth Mora, DTM  
Toastmasters past District Governor  
Northern California/Western Nevada

# Defending Your Happy Place!



**How to put Humor and Positivity**

**back into your life for good!**

by Pat Gacutan