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This series of Sneaky  
Secrets is designed to  
be read in two minutes  
and a laugh.

## Sneaky Secrets

(Stress relief in the work place)

Dear John

How would you like to acquire some of the mind control powers of Derren Brown and relieve some stress at the same time? Then read on my friend, read on...

We all become stressed from time to time and there are different ways of dealing with it.

This month I'll teach you a little stunt of apparent mind control that not only would make Derren Brown proud but also put a smile on your face too John.

After a recent golf day dinner at The Belfry, where I performed some close up magic during the meal and finished with my after dinner speaker bit for an audience of staff and VIP clients, we retired to the bar. Where else?

There was laughter a plenty and then the conversation turned to stress in the work place. I suggested we often take ourselves too seriously and we should have more fun, more laughter. Here's a little something I taught them so they could have a bit of fun with thier colleagues, friends and family.

After all laughter is the best medicine... that is, of course, unless you're a diabetic. Then it's insulin.

**The Sneaky Stunt - How to immobilise someone's finger without touching or hypnotising them**

You ask your friend or colleague to place their right hand on a flat surface with all fingers except the middle finger outstretched. The middle finger is curled, with its knuckle resting on the flat surface as in the photo.



Some routine questions are posed. They are asked to raise their thumb if they agree to the first question, they do so. They are asked to raise their little finger if they agree with the second question, they do so. They are then asked to raise their first finger if they agree with the third question, easy peasy lemon squeezy.

Finally, the most important question of all. If they agree with the fourth and final question they are to lift their ring finger... this proves to be an impossibility.

### **Possible questions to ask**

Approach your boss and tell him/her you read an interesting article in a magazine of a human condition we all have that subconsciously confirms the various belief systems we have. Ask if, for a bit of fun, he's/she's willing to participate in a demonstration.

They put their hand on the table in the required position.

Then say they must always answer truthfully. Firstly, three calibration questions. Question 1, raise your thumb if you are wearing a blue tie (or some other article of clothing they are wearing), they do so. Raise your little finger if ... (state something which is obviously true). They do so. Raise your first finger if ... (state something else that is true).

Now for the real question, keep your ring finger on the table if you think I deserve and should receive a £10,000 annual rise.

Now run!

### **How to get your children to cut the grass throughout summer**

If you have children and they complain about having to tidy their room or they are angling to get out of any other household chore, let's say, cutting the grass.

Then go through the same procedure and make the last question, 'Keep your finger on the table if you'd love to cut the grass throughout summer?'

In this case you won't have to run away because you're bigger than them ;)

**The Challenge - For a bit of fun, I challenge you to drop this useless fact in to your next conversation**

Cherophobia is a fear of FUN.

Unless you are cherophobic then you might want to click on the links in the 'and finally' section below.

**... and finally**

If you're looking for a hilarious after dinner speaker with a difference you can find more information when you [click here](#).

If you have a corporate message to communicate at your next conference or product launch and you're looking for a unique speaker to help you make your message stick then please [click here](#).

**Better still, John, pick up the phone now and call me on 01274 685152** to discuss how I can help you make your next event not just a success but an investment in which you'll receive a return.

Have a great week.

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