



Josh Poulain.

Stand-up comedian · Halifax, Nova Scotia

Booking booking@thecomedystand.com

Full kit & video joshpoulain.com/epk



BIOGRAPHY

Josh Poulain is a stand-up comedian based in Halifax, Nova Scotia. He became a father at 18, and the act grew out of it — storytelling sets about parenthood, growing up in a hurry, and the ordinary chaos of holding a life together, written tight and delivered like he is telling you about his week. A finalist at the East Coast Roast Battle and a performer at the Hubcap Comedy Festival, Josh has toured across Canada and Europe, playing clubs, theatres and festivals along the way. He also co-founded The Comedy Stand, part-owns Halifax Live Comedy Club, and built ComedyPass, a ticketing platform for independent comedy producers.

CREDITS

FINALIST	East Coast Roast Battle
PERFORMER	Hubcap Comedy Festival
CO-FOUNDER	The Comedy Stand
PART-OWNER	Halifax Live Comedy Club
FOUNDER	ComedyPass
FEATURED	Halifax Guardian — "Tragedy Plus Time" 2026

BOOKING

BASED IN	Halifax, Nova Scotia
TRAVELS	Canada-wide, international on request
SET LENGTHS	10 · 20 · 45 · 60 minutes
FORMATS	Headline · Feature · Host / MC
CLEAN SET	Clean 45 minutes, ready to go
LANGUAGES	English

TECH RIDER

- Wireless or wired microphone in a straight stand
- Stage lighting sufficient to see the performer clearly
- Sound check access 30 minutes before doors
- Stool and a bottle of water on stage
- A clear stage — no band gear or set dressing in the performance area

PRESS

"Josh Poulain has built a comedy style that feels less like a performance and more like catching up with the funniest parent you know after a very long week."

HALIFAX GUARDIAN