## Welcome!

to





Improv Skills for Work and Life



Fast, Fun, and Flexible

In our line of work, we are faced with having insufficient information, limited resources, and not enough time.

We are also required to produce very public and highly successful results...









IMPROV

#### Flashback 1980's

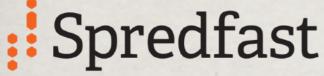
I've always been this cool





























## Today's Agenda

- ☐ Get Here: Presence
- ☐ Get Connected: Yes And
- ☐ Get Fun: EPIC



## GET HERE

Presence





When we need your attention back....



# Activity: Two Things In Common



- ☐ Find a partner you don't know
- ☐ Introduce yourself
- ☐ Talk to discover two things in common
- ☐ High five
- Repeat with new partners until time is up



## Instant Relationships

- □ Be Curious: Ask questions
- Be Open: Give a little to get a little
- □ Be Positive: Look for areas of agreement
- □ Be Flexible: Go where the chat leads you



### Improv Tip: Start with Agreement

Find what you can say "Yes" to



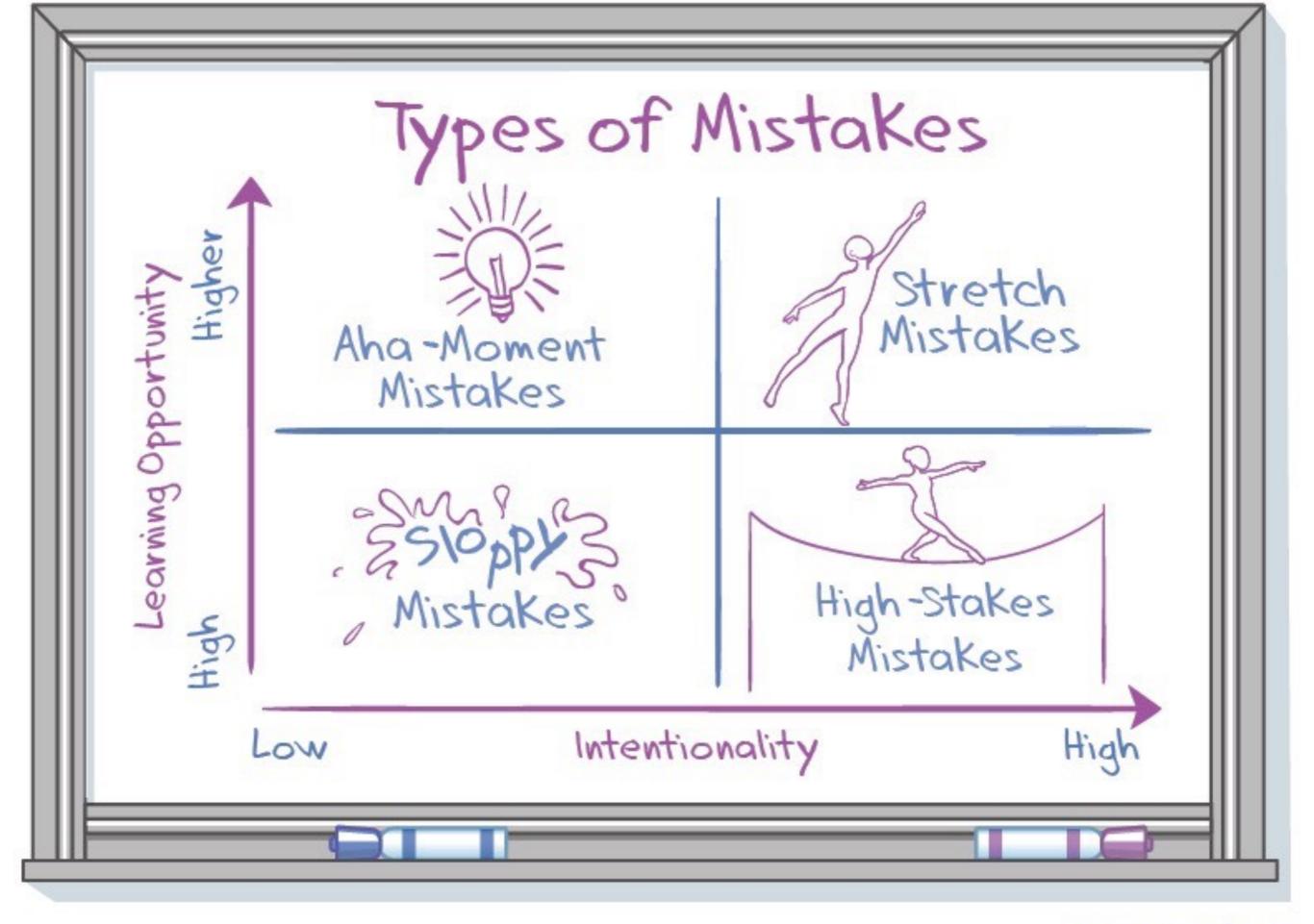


## Rules of Class



- 1. Have fun
- 2. Dare to fail
- 3. Be a good sport









## Take a Bow!



- ☐ Find a partner near you
- ☐ Share a failure or mistake
- ☐ Take a bow
- ☐ Let them applaud you
- ☐ Return the favor





1-2-3-Go!



#### Improv Tip: Take Risks

If you aren't messing up, you aren't doing it right





### GET CONNECTED

Yes! And...



## BLENDING



Basic Rule: No one cooperates with anyone who seems to be against them

**Blending** 

- ☐ Reduce differences
- ☐ Send signals of similarity



## Ways to Blend



- ☐ Physically
- □ Emotionally
- ☐ Energetically
- □ Verbally
- ☐ Rhythmically





Yes! Or...

Yes! But...





Yes! And...

Yes!





Offer

Awareness

Yes!
AND

Acceptance

Addition



#### Activity: Yes And Brainstorm



- ☐ Each group creates a product
- ☐ One person offer an idea
- ☐ Person to their left says, "Yes! And..."
- ☐ Continue around the circle for three minutes



#### Activity: 3 Minute Brainstorm

#### Create a Product and Marketing Plan Including:

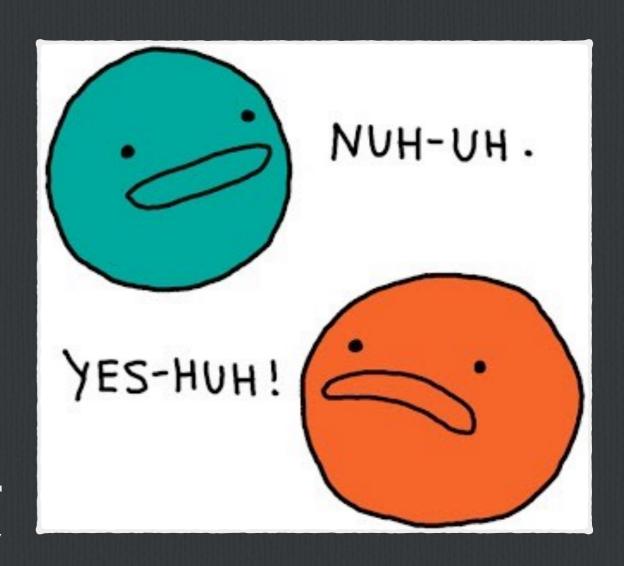
- Product
- · Features
- Packaging
- · Slogan
- · Spokesperson
- · Jingle
- · Target Audience
- Website
- Commercial
- Anything else





## When to Yes! And...

- ☐ Encourage people to share their ideas
- □ Explore an idea
- ☐ Generate multiple ideas quickly
- ☐ Remove conversation blocks and find solutions
- ☐ Shift your default from fear of the unknown to curiosity





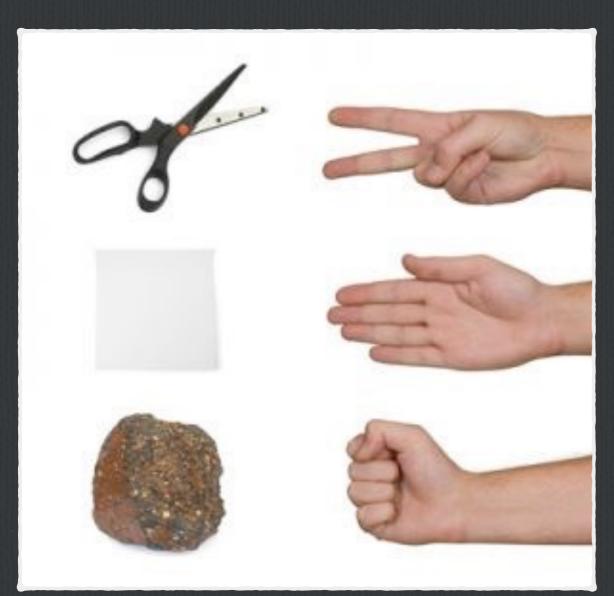
"Those who say 'yes' are rewarded by the adventures they have. Those who say 'no' are rewarded by the safety they attain."

-Keith Johnstone, Impro

# GET FUN Teamwork and EPIC



## ROCK Paper Scissors



- ☐ Count 1, 2, 3, Show!
- ☐ Scissors cuts paper
- ☐ Paper covers rock
- ☐ Rock smashes scissors
- ☐ The winners keep playing until one person is the champion



## ROCK Paper Scissors

**New and Improved!** 



- ☐ If you win, begin celebrating!
- ☐ If you lose—also begin celebrating! Join the winner's entourage and cheer them on.
- ☐ Continue until you are cheering for the champion.



# Improv Tip: It's Not About You

The game's not over when you lose. If you can invest in group success, you win every time.





# EPIC



## E P I C



## E P I C



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Any Questions?



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