

COURSE TITLE:

# The Improv Experience for Teams

Unlock your sense of play and adaptability, jettison your inner critic, supercharge your collaborative antenna, and transform those unexpected disruptions from “mayday!” moments into energized opportunities.



2 HOURS | VIRTUAL OR LIVE

## DESCRIPTION

Improv is not about making it up, it's about making it work. Learn essential skills for adapting in the moment, communicating with clarity, building solutions collaboratively, and staying confident through any disruption, all through the lens of improvisation. Don't worry! We're not putting you on the spot, instead we're giving you the skills to spot opportunities and make quick, confident decisions that accelerate and improve the way your team works together, regardless of what shitstorm you're in.

## OBJECTIVES



### AGILITY

Increase agility in moments of uncertainty



### LEVERAGE

Leverage the full power of their team for faster, more effective solutions



### UNCOVER

Uncover confidence outside their comfort zone



### SHIFT

Shift your perspective to see disruption and change as a gift

# THE FLOW

## INTRODUCTION & CONTEXT

Our goal is to overlay the building blocks of improv onto your unique world to improve collaboration, adaptability, and confidence.

10 MIN

## WARM UP:

High-energy, fully group warm-up to get us into a playful, supportive space.

10 MIN

## SUPPORT, SUPPORT, SUPPORT

We can't build a scene alone, just as we can't innovate in siloes. Learn to radically shift your reaction to information from skeptic to cheerleader by creating an environment that supports taking risks.

25 MIN

## ACKNOWLEDGE & BUILD

The core of improvisation. Learn to take different perspectives and unexpected curveballs and turn them into golden opportunities through this series of exercises.

25 MIN

## LAB LISTENING

Explore how you Listen, Affirm and Build with an others-focused lens.

25 MIN

## FINAL CHALLENGE

Use all the tools we've practiced in a final performance-lite challenge that demonstrates the true meaning of "making it work."

20 MIN

## CLOSE & REFLECT

Participants identify at least one element of the workshop they can incorporate into their work.

5 MIN

EXPAND IT

- Pair with Feed the Flex to maximize flexibility and understand the science of an agile mindset
- Customize this topic to your Selling Model
- Combine this topic with Read the Room and Pivot for a longer session
- Advanced improv skills course for leaders and interested managers