



“IMPROV – ING” YOUR LIFE: USING IMPROV TO REFINE YOUR ON-THE-SPOT ENGAGEMENT SKILLS

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WHAT IS IMPROVISATION?

- Dealing comfortably with the unexpected
- Responding appropriately in the moment
- Adapting effectively to sudden changes
- Ideas emerging in unplanned ways



COUNTDOWN

- Form groups of three
- You will have one minute to come up with a list of qualities that you believe will help you improve your on the spot engagement skills.



LINKEDIN LEARNING REPORT MOST IN-DEMAND SKILLS FOR 2019

Soft Skills

- Creativity
- Persuasion
- Analytical Reasoning
- Collaboration
- Flexible approach (adaptability)



WE LIVE AND WORK IN A LEFT BRAIN DOMINANT WORLD!



- Read from left to right
- Write/type from left to right
- Use grammar and punctuation
- Use letters and numbers
- Live time-bound lives
- Complete processes sequentially
- Follow rules and procedures



Left Brain

- Linear
- Logical
- Sequential
- Analytical
- Objective



Right Brain

- Holistic
- Creative
- Emotional
- Intuitive
- Subjective



**WHAT ARE SOME
SITUATIONS/SCENARIOS IN WHICH YOU
WOULD LIKE TO THINK ON YOUR FEET?**

Me too!



“IMPROV” WORKOUT: EXERCISES THAT HELP YOU “THINK ON YOUR FEET”



“IMPROV” WORKOUT

Warm-Up: physical,
vocal and mental

- Stretching
- Brain Gym
- Tongue Twisters
- Mirroring
- Zip Zap Zop
- Yes...



The Opposite Game



DEGENERATIVE RESPONSES



Yes, BUT...



THE FOUNDATION OF CREATIVITY



THE ART OF ...

Yes, and...

- “Yes, and I’d like to know more...”
- “Yes, and what are your thoughts...”
- **“Yes, and I hear your concern...”**
- “Yes, and what would you suggest....”

The Improvisation Edge (2011)



IMPROV IN BUSINESS SCHOOLS

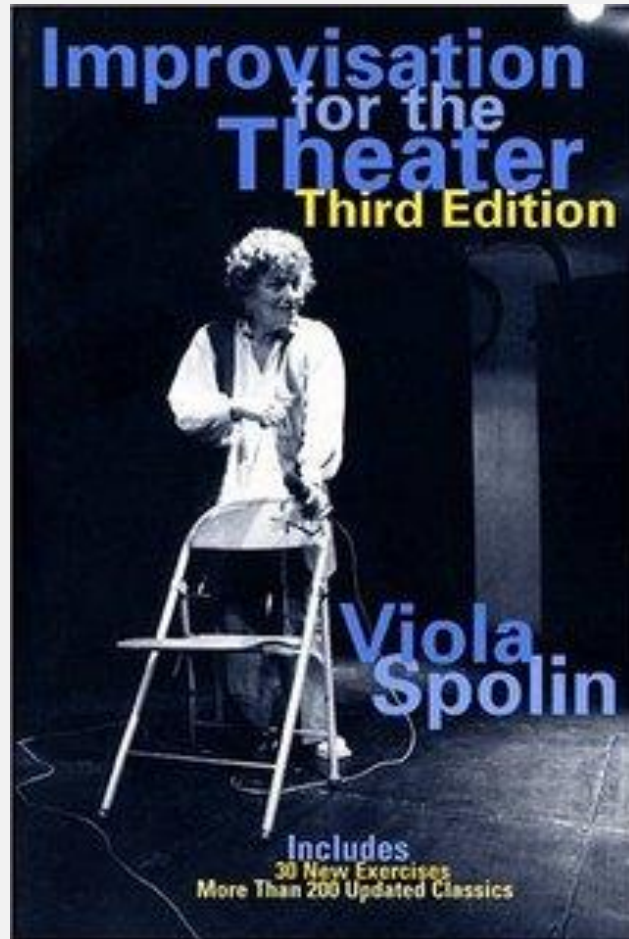
- Improvisation courses are part of the curriculum in the business schools at UNC Kenan-Flagler, Duke University, UCLA, Columbia University, MIT, the University of Virginia, Carnegie Mellon, and Babson College [Glazer, 2008; Golden, 2011] in (Kelly, 2012).



just one
word



BOOKS ON “IMPROV”



THANK YOU!

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