

Improvising for Confidence



Summary

In a business world that is more uncertain than ever it pays to be able to think on your feet. That is why it is important to use improvisation workshops to teach skills such as creativity and leadership. While many people might think of improvisation as unscripted comedy, it can apply to any form of spontaneous theater -- and practitioners say that using "improv" to teach business skills is no joke. As well as teaching people to react and adapt improvisation can teach creativity, innovation, communication, teamwork and leadership.

Using improvisation to teach and review business skills is something Fortune 500 companies have been doing for years. Improvisation teaches how to think creatively and quickly in a variety of situations. Having a chance to explore those options and situations in a controlled and positive environment will improve creativity and confidence.

Course Objectives

The key to improvisation is the 'Yes, and' principle, and it is an idea believed to be particularly relevant to business. At the end of the workshop, you will be able to take that 'Yes, and' phrase and test it out at home or in meetings, and try exercising suspension of judgment -- try out the principles in real life.

This practical and interactive workshop is based on 5 essential rules of improvisation, which are used to allow participants to:

- Review language structures used in business situations in a controlled and positive environment
- Become more aware of their body language and voice
- Learn how to react to others' emotions
- Think of creative solutions to problems
- Listen without judgement
- Feel more confident to react in a situation they are not prepared for