IMPROV-ABILITY FOR LIFE AND WORK

IMPROV CONCEPTS
You are already improvising in life; this class is to gain awareness and get better at it.
• Get comfortable with being uncomfortable
• Yes and … how to move things forward
• Impulse
• Multiple solutions to any situation
• Living in the unknown - things emerge
• The information is right there in front of you
We will apply these skills to real work and life situations.

DAY 1
Discuss class and define teaching style and court rules

Skills through theater games
• Just stand there … with an audience then do something
• Yes and … what can you add that moves everything forward
• Impulse Exercises - word association, Three Things familiar to different/ odd
• Object transformation - working in the unknown & allowing the new to emerge
• Way, Way, Another Way - multiple solutions/ multiple directions

Storytelling into Cornerstones Me
• Truth and Lies
• Transformational Story
• Cornerstones Questionnaire into Introduction of Partner

BREAK for LUNCH
Warmup Body and Voice

Impromptu Speaking - Major Minor debate into Panel Discussions (using ‘The Frame’)

Wrap up circle - discussion of what we have experienced thus far

Setup for Roleplay next morning
• Connecting to your passions, values and drives
• Creating stories that illustrate these forces in your life
• Hard Conversations - create these scenarios?

DAY 2
Warmup for Improvisation - Grounding, Breathing, Vocal work, Hotwords

RolePlay to explore situations such as ‘Hard Conversations’ and ‘Interviews’
• Working with a partner and a side coach to explore different solutions to problems
• Working with a partner and side coach to interview beyond your resume - revealing who
  you are, your drives, passions, values through stories, examples and metaphors

BREAK for LUNCH
Play - using different environments and situations to explore being fully present
• Tableaux and Mini-scenes using Yes and …

Wrap up circle
• Open discussion of what we have experienced thus far
• Practices - Moving forward with this new knowledge