Course Title: Improv-ability for Life and Work
Course Code: PDV 102
Spring 2016

Instructors: Lee Eisler and Gary Grossman

Overview:

This class offers creative new ways to think on your feet and expand your “improv-ability” comfort zone. Each class will begin by sharpening your improvisational skills through theater games and exercises, creating focus and developing ease. Key concepts listed below will be practiced and applied not only in class, but also to work and life situations. Week by week, you will build and practice newfound skills that strengthen your creativity and your confidence.

Key Concepts:

Say Yes and...
Get Comfortable with Being Uncomfortable
Get Out of Your Head
Live in the Moment
Trust Your Impulses
Live in the Unknown
Commit Wholeheartedly
Trust Your Partner & Be Trustworthy

Agenda:

CLASS 1 — PLAY — GETTING COMFORTABLE WITH BEING UNCOMFORTABLE
Class 1 will explore play through several forums that open the field. We will introduce ourselves, play with impulse and association, getting out of our heads and living in the moment, yes and..., getting comfortable with being uncomfortable! Surprise yourself!

CLASS 2 — PLAY INTO IMPROMPTU SPEAKING
Class 2 will explore more play — impulse and transformation will be a key that is introduced to unlock the way one idea or action can lead into another and another. The class will wrap up with a fun impromptu speaking debate and panel discussion. Speaking on your feet is something you already know how to do!

CLASS 3 — STORYTELLING: THE CURRENCY OF HUMAN EXCHANGE
Class 3 will play with your individual life stories and ask key questions: Why are stories so powerful? What makes a good story? How do you tell a good story?
We will tell stories in many fun forms, from a one-word story to an orchestrated story. We all have stories!

CLASS 4 — LISTENING & CONVERSING: A LIFE SKILL
Class 4 will dive into the power of deep listening and truly connecting in conversation. Landing and receiving is a continuous loop in any conversation or communication exchange, not only in relation to words but also to vocal tone and body language. Listening is the currency of being present!

CLASS 5 — THE EXPRESSIVE BODY + THE HOTSEAT
Class 5 will expand off the previous class to extend the range of play with our voices and our bodies. The last half of the class finds you in the “hotseat” where you will use all your new found skills to either solve a problem (hard conversation) or interview in a new way for a new job with new stories. Prepare the structure! Trust the moment!

CLASS 6 & 7 — COMMIT WHOLEHEARTEDLY
Class 6 & 7 will launch wholeheartedly into how we can tell stories as a group, how we develop personas (extensions of ourselves), and relationships, and respond truthfully and authentically to the material that is right there in front of us. You are not alone; the answer is always out there!

CLASS 8 — BRAINSTORMING TEAMS
Class 8 will be a culmination of creativity with four teams brainstorming to invent and present a new product with name, marketing, and strategy plans in place. Act on your innate creativity!