Preliminary Syllabus
Winter 2017

Improv-Ability for Work & Life

A note from the instructors:

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
Accept Offers Have Fun!

This class is divided into three main sections:

Class 1, 2 & 3 Exploring the Self & Others Through Improvisation

You will explore play through exercises that open the field of possibility and help get in touch with who you are. We will introduce ourselves to each other, play with impulse and association, getting out of our heads and living in the moment, saying YES and getting comfortable with being uncomfortable! Tapping into your individual life stories we will discover - why are stories so powerful, what makes a good story, how do you tell a good story?

Class 4, 5 & 6 Yes and … Accepting Offers & Building Stories Together

The second section will launch wholeheartedly into how we can tell stories as a group - how we develop personas (extensions of ourselves), relationships and respond truthfully and authentically to the material that is right there in front of us. We will practice listening, giving and accepting offers and responding quickly and intuitively to the material.

Class 7, 8 & 9 Application of Improvisation to Work & Life Situations

The final section will be a culmination of applying your new ‘improvability skills’ to work and life situations such as impromptu speaking, animated conversation and discussion skills, as well as creatively polishing your pitch and brainstorming in teams.