

## Get Your Team Playing Together

Improv is a collaborative format of live theater in which a team of performers make up scenes completely out of thin air - often comedic - and without a script! Improvisers accomplish these scenes merely by listening, being in agreement, honoring others' contributions and contributing their own piece to the scene.

## Anyone Can Learn Improv

While mastery of improv can take years, the basic **Yes-And** and **Got-Your-Back** foundations of improv can be picked up by your team very quickly and easily over just a couple of hours.

## Improv Training Benefits Teams

Your team will learn to build bonds as they enjoy laughing together. They will stretch their creativity as they practice opening up to new ideas, validating others' contributions and quickly responding to others' ideas.

## What to Expect

Our program is positive, encouraging, inclusive, fast-paced, and filled with laughter. Improv activities and insights will give your team skills they can easily apply in everyday situations at work and outside of it

- Barrier-breaking activities get people laughing and playing together quickly
- Debriefing after each exercises reveals how your team can use improv principles to work better together
- The team builds empathy and understanding for each other as they listen, learn and laugh together
- Team challenges encourage collaborating to build agreement
- Creative exercises encourage bold, off-the-top-of-your-head thinking as well as accepting mistakes gracefully
- Team building activities encourage better listening, collaborating and agreement building
- 'Got Your Back' approach to teamwork - each person's goal is to make the other person look great
- Learn how to use a Yes-And approach to resolve conflicts and defuse difficult situations
- Learn how to utilize **play** at work to boost overall teamwork and memorable results

## Workshop Outline

Barrier-breaking Warmups

Teamwork Activities

Taking the Lead and Trusting  
Your First Choice

Listening & Agreement  
Exercises

Got Your Back / Making Each  
Other Look Great

Using Yes-And  
to Create Scenes Together

Panel of Experts  
Group Scenes

Practical Application

Circle of Compliments

If your team needs an  
uplifting, memorable  
experience to rejuvenate and  
help enjoy working together,  
contact us to learn more.

# BOREDROOM GAMES

Is your team frustrated with a creative block?  
Try these fun and silly improv games that can be played around any boardroom table!

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## SNAP PASS

One person starts by throwing a snap across the room to another player. That person catches with one snap, then throws to another player with another snap. That person catches with a snap and throws with another and so on.

Get creative with the snaps and the catches, always honoring how it was thrown. Thrown fast? Catch fast! Lobbed up like a fly ball? Catch it slow like an center fielder. Treat the invisible snap like it's a real object.

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## FIVE THINGS

One person gives another a Five Things topic - it can be silly or serious (Example: "Five terrible ice cream flavors"). The second person is to name five of those things in that topic off the top of their head as fast as they can. Don't worry about being correct - trust your subconscious and funny things will come out!

After each thing that's listed the rest of the people at the table count each off. (Example: "Sushi" "ONE!", "Pickle" "TWO!", "Hair" "THREE!", etc.

After the fifth one, everyone shouts "THESE ARE FIVE THINGS!" and then another topic is given to someone else.

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## SOUND AND MOTION

Similar to the grade school game TELEPHONE. One person sends a sound (a noise, not a word) and a physical motion around the circle. The next person will replicate it, as close as they possibly can, and send it to the next person at the table. That person will replicate what they were given, and so on. Because everyone is slightly different, it will change all on its own. Let it evolve and resist the urge to intentionally change it. Instead just pass on what you were given and watch how it naturally evolves. If the person who passes it to you makes a mistake or starts laughing, add those mistakes into what you pass. Mistakes make this even more fun!

Consider an improv workshop for  
your next team-building event!  
[www.refleximprov.com](http://www.refleximprov.com)

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MAKE A SCENE