



INFLUENTIAL INTERACTIONS

The Power and Effectiveness of

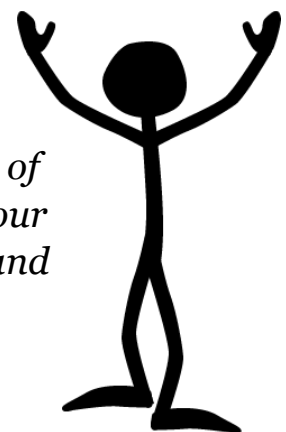
Improv

In Life and Business!



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Author of **The Improv Edge** - *How the Art of Improv can boost your confidence, enrich your life and fast-track you to a more energized and motivational presence!*



Welcome to the fascinating world of Improvisation!

During our time together today, you will discover how this fun, “soft-funny” skill will assist you in becoming a better communicator, while taking away frustrations that often accompany the communication process!

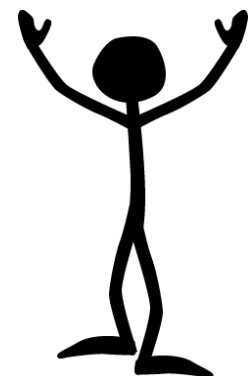
Studies have shown that improv shuts down the part of the brain involved in self-censoring. Improv will train us, in situations that require quick decisions, to not second-guess ourselves and contribute ideas to assist with challenges put before us!



- Improv helps build skills of ease with situations you're not prepared for.
- Improvisation forces the brain to slow down and be present in the moment. This presence is a key component to communication and leadership!
- Improvisation isn't always about comedy, it's about reacting and adapting, while being present and focused in the moment and doing whatever you can to help and support other people on your team.

Improv will assist you in many ways!

- It will get you out of your head and into a more supportive place.
- It will assist in getting your message across in a constructive way that ensures a win-win situation for everyone involved. *“An environment of Agreement.”*
- It will allow you to communicate with creativity and spontaneity without fear of apprehension. Possibilities instead of constraints!
- It will allow you to get to the point quickly... and in a language everyone understands. Take charge of your ideas!



Now Let's Put it To Work for YOU!

Yes, And...

This is a core principle of Improv. "Yes, and..." simply means agreeing and adding supporting information. "Yes, and..." reflects a strong environment of agreement.



Yes, and...

Accept everything that's brought to you regardless of:

- who brought it to you...
- what it is...
- what you think it means, based on who gave it to you.

This removes the barriers to creativity, communication and collaboration. *It creates a strong environment of agreement.*

You will stop looking at the reasons why your team can't succeed in a given situation, instead focusing on the possibilities and potentials inside that situation. In doing so, innovation blossoms!

Avoid Denials

A simple "No" shuts down a conversation and stifles collaboration, while "Yes, and.." builds upon it.

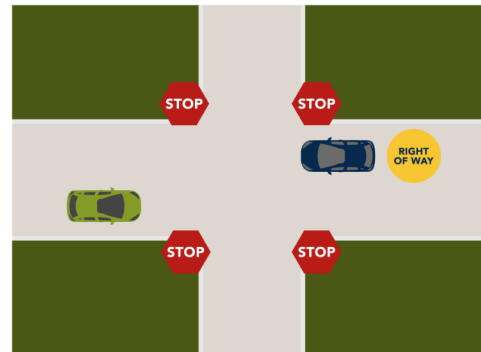
Improv expands comfort zones. It helps remove barriers to teamwork, collaboration and advancement.

This is done by celebrating and recognizing success, storytelling, building ownership through inclusion, soliciting feedback and reviewing suggestions, and creating a safe place for bold ideas to emerge.



Leading in Circles

Leading in circles means *sometimes you are leading and sometimes you are following*. Agree on the purpose and yield for the sake of progress. Doing so gets everyone going in the same direction. It's like a roundabout.



Unlike a roundabout, the stop sign causes all to wait for the other person, and that can feel suffocating.

We cannot be innovative without being creative. Improv by its nature is creative. It encourages individual choices, exploration, and risk-taking.

Convergent vs Divergent Thinking

Convergent thinking is the process of finding concrete and familiar solutions to problems.

Divergent thinking refers to a creative process of generating original ideas and new possibilities. *Divergent thinking is the art of postponed judgement.*

Look good by making others look good. Colleagues who contribute suggestions and ideas embrace seeing them acknowledged.

Team pride evolves from developing a narrative together.

Put it to Work!

- Loosen up and relax your mind. It's about solutions... not being right.
- Let go of the fear of being seen as stupid, mad, bad, or wrong.
- Avoid the "what will they think" mindset.