

# Workshop Overview

Biz Improv

## *Team Building: Improvisation Workshop*

A successful business demands a successful team. Unleash your teams' spontaneous potential while developing strong, inter-personal connections in a learning environment that is safe, supportive and fun!

Optimum business strategies include "expecting the unexpected". Our workshop will move your team beyond merely expecting the unexpected to accepting, adapting and transforming the unexpected into a creative advantage!

Our unique improvisation exercises are designed to highlight the ways that participants react under stress, and then pinpoint how those reactions affect team cohesion and inhibit spontaneity.

Teams will be challenged to take risks, think outside the box and "fail forward" – all while heightening listening skills and communication.

The workshop will concentrate on 3 main areas;

1. Team building, communication and interaction
2. Business Improvisation process and application in real life situations.
3. Communication style, status & performance under pressure.

The benefits to any organization of the workshop will be:

- Create a team and a positive learning atmosphere
- Learn to think quickly on your feet
- Read and react in crisis situations with confidence
- Read people and groups more accurately
- Be creative under stress
- Build relationships faster
- Solve problems in real time
- Be more confident
- Increase in self awareness, group dynamics, communication and performance.

Each participant will explore:

- Awareness of style and attentional preferences and how they effect live situations.
- How stress inhibits spontaneity and how to overcome it in critical situations.
- Status: What is your body language really saying. How to develop an awareness of this and harness it to your leadership advantage.
- Improvisation techniques that will improve listening, communication skills, and conflict resolution in real time.
- How existing training, knowledge and processes can be accessed under pressure.

Improvisation is no longer a skill exclusive to Emergency Room doctors, fire fighters, athletes, or comedians. Today's business world requires teams that can problem-solve

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in real time. Our professional improvisers will lead your team through an experience that is fun on the day, and functional in the workplace.

Imagine harnessing your creative energy at its highest and applying it to your most stressful and intense moments, to shine when others collapse or choke. Accessing that creativity by utilizing business improvisation would certainly be a significant competitive advantage and is already embraced and employed by many successful business people. The good news is that business improvisational skills can be learned behaviours.

The workshop is a half day and can accommodate groups from 5 to 30 participants; larger groups can be facilitated through break-out sessions.

Who should attend?

- Executives
- Sales teams, Managers
- Human Capital Professionals
- Facilitators, Learning Professionals
- Anyone in a leadership position
- Anyone dealing with customers
- Teams that need to work together

For information please contact Biz Improv Inc at:

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