

Level Up

Your Presence, Spontaneity and Confidence

with

IMPROV!



A-D-V-A-N-C-E
The Action!

STRETCH!

Play!

Be Present

ACCEPT THE OFFER

Be In The moment

HELP YOUR PARTNER LOOK GOOD!

Say "YES...And!"



Speak **X** Lead
with
CONFIDENCE!



www.SpeakAndLeadWithConfidence.com



(510) 547-0664

Craig Harrison's
Expressions of Excellence!



Sales & Service Solutions Through Speaking

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Improv: An act of spontaneous invention;
That which is improvised. Impromptu.

Today's Four Agreements

1: Accepting the Offer: "Say YES"

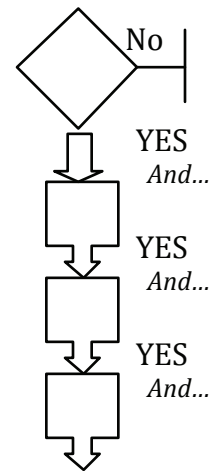
An overture is made. You can accept it or block it.

When you accept it, it can be built upon;

When you block it, you go back to the drawing board
and must start again.

Momentum and rapport are lost.

In Improv, as in Table Topics and in general, we accept and build upon
others' offers.



2: Build on the Offer: Say "YES, AND...."

Build on your partner's offer. Add to it, complement it or build upon it.
Help your partner (and your partner will help you.)

Accepting the Offer



YES, AND...

Blocking the Offer



YES, BUT...

NO



3: Be Collaborative

Help your partner (and your partner will help you). Put your partner, group, team first.


Success is defined by the group achieving breakthroughs, expressing themselves
and being spontaneous.

Think WE before ME.

3: Be Bold!

Take risks. Try new things. Experiment. Embrace "failure" as a learning opportunity.
When you make a mistake, relish it by taking a "Circus Bow"

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Introducing YOU!

Introduce yourself to the class with an alliterative sentence with your name, a descriptive adjective and a gesture.

Finding 3 Commonalities: Professional, Social and from your Childhoods



How We Show Up Differently in Different Circumstances



4 CORNERS

The Law of Attraction meets Toastmaster Leadership!

WHO ARE YOU?
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DING: The Change Game



Emphasizes flexibility, listening skills, thinking on one's feet

AKA "NEW CHOICE"



Do you ...?
 What if...?

Only Questions

Improves listening skills, creative thinking, inquiry skills.

Resources

FREE DOWNLOAD:

Improv Encyclopedia: <http://improvencyclopedia.org/download/book.pdf>



BOOKS:

- Keith Johnstone's Impro: Improvisation and the Theatre; Also Theatre Sports
- Viola Spolin: Improvisation for the Theatre
- Karen Hough: The Improvisation Edge
- Kat Koppett: Training to Imagine
- Izzy Gesell: Playing Along (37 Group Learning Activities)



TWO OF MANY LOCAL VENUES FOR CLASSES:

- Bay Area Theater Sports: www.improv.org
- Big City Improv: www.bigcityimprov.com



LOCAL FESTIVALS include:

- SF Improv Festival: <http://sfimprovfestival.com>
- SF Theater Festival: <http://sftheaterfestival.org>

Search for "improv" and "fringe festivals"

ARTICLES:

Download Craig's Table Topics Article from Toastmaster, Feb. 2010:
www.expressionsofexcellence.com/ARTICLES/Turning_Tables_on_Topics_Article.pdf

Download Craig's article Becoming An Improv-Master:
www.expressionsofexcellence.com/ARTICLES/improv-master.pdf

Read Craig's Brainstorming article: www.expressionsofexcellence.com/ARTICLES/brainstorm.html

Read Izzy Gisell's article on Innovation as Improvisation: <http://www.izzyg.com/Articles/Innovation.pdf>

TOASTMASTERS:

Silicon Valley Improv-Masters, first and third Mondays, 1140 Hillsdale Ave San Jose 95118-1222.
Club Number: 5477675, District 101, Area B 04
<https://www.meetup.com/SVImprovMasters/>

ORGANIZATIONS:

Join the Applied Improv Network: appliedimprovisation.network/

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