

WHAT IS IMPROV?



Improvisation is a form of live theatre in which everything is made up - but, it's also more than that... Improv helps develop skills for life:

COLLABORATION

Teamwork takes work. Improv will show you the power of solving problems together and have you and your colleagues building towards a common goal in a collaborative culture.



POSITIVITY

Look for solutions instead of dwelling on problems. Improv will instil in you the power of "Yes, and..." while helping you build a can-do attitude that will get you through life's toughest obstacles.

PUBLIC SPEAKING

Improv won't write your speech but, it will help you to deliver it. By applying the tenants of improv, you will be more comfortable communicating your thoughts and more engaging to your audiences.



ACTIVE LISTENING

Fully understanding those around us takes focus and understanding - that's where improv comes in. Level up your interpersonal communication and watch your leadership ability scale with it.

MENTAL FLEXIBILITY

Being *agile* is fast becoming the single most important professional skill you can develop. Improv helps you learn how to pivot quickly when changes occur and use disruption to your advantage.



...AND MORE!
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