IMPROV!
Your Way to Success

INTRODUCTION

• "Ignore what other people think. Most people aren't even paying attention to you."

• "I think if you can dance and be free and not embarrassed you can rule the world."
“Great people do things before they’re ready. They do things before they know they can do it. Doing what you’re afraid of, getting out of your comfort zone, taking risks like that—that’s what life is. You might be really good. You might find out something about yourself that’s really special and if you’re not good, who cares? You tried something. Now you know something about yourself.”
— Amy Poehler

**LEARNING OUTCOMES**

- Express self-confidence in various professional situations
- Identify students' needs by effectively using connections and sensory skills
- Analyze situations through the use of investigative and critical thinking
- Adapt to new information and situations seamlessly and formulate new ideas quickly
- Improve public speaking skills and communication with students and colleagues
- Create and incorporate new forms of improvisational ice-breaker exercises in group settings

**WHAT IS IMPROV?**

According to Merriam-Webster, the definition of Improv is

- : of, relating to, or being improvisation and especially an improvised comedy routine
- : A set of exercises, principles and a "mindset" that has you think spontaneously and creatively.
- To make or provide from available materials
**PRINCIPLES OF IMPROVISATION**

- Acceptance
- Attentive Listening
- Non-Verbal Communication
- Spontaneity
- Trust

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**ACCEPTance**

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**ATTENTIVE LISTENING**

"Most people do not listen with the intent to understand, they listen with the intent to reply." Stephen R. Covey (The 7 habits of highly effective people)
NON-VERBAL COMMUNICATION

Facial expressions and body language is used to help communicate your attitude, character and trustworthiness.

SPONTANEITY/ PATIENCE

"Today we will live in the moment unless it is unpleasant in which case we will eat a cookie."

—Cookie Monster

TRUST

In order for a group to be successful and productive, the members of the group must be able to trust one another.
WARM UPS

- The Oscar Diaz!
- Overload
- What Else
- How bout dat!
- Bibidi Bibidi
- The Narrative (3rd person)
- Jam Session

THANK YOU!!

- "As you navigate through the rest of your life, be open to collaboration. Other people and other people’s ideas are often better than your own. Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life.”

— Amy Poehler

REFERENCES


