



# WHAT WORKS IMPROV

TRAINING THAT'S ACTUALLY FUN

## WHAT'S OUR TRAINING LIKE?

Our instructors lead your team, get them on their feet and play games with a positive and supportive focus. Word play, making silly noises, listening challenges, memory, attention, make believe, and many more fun interpersonal communication exercises are used to get your team laughing, bonding, and having fun.

Our training expresses itself as fun group games and it's packed with incredible lessons on communication and relationships.

Improv training takes your team on an adventure without having to leave the office. Bond your team with fun peak experiences that push them outside their comfort zone.

## WE'RE DIFFERENT

We spend the majority of our time keeping your team active and engaged. There's no long presentations, personality tests, quizzes, or videos to watch. We immediately get your team doing the things we talk about and maximizing the hands on experience of your group.



GET A FREE CONSULTATION

ANTWORKSIMPROV.COM

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## 3 PART PROCESS

- DIAGNOSTIC
- RESPONSIVE DESIGN
- IMPLEMENTATION

We introduce our session to your team and break the ice while paying careful attention to how your group interacts. While the exercises are still underway we quickly adapt our lesson plan to the exact needs of your specific team. The 2nd half of the experience introduces a custom built lesson plan made just for you and your group!

## THE POWER OF IMPROV

- Builds true facilitators
- Universal adaptability
- Mindfulness
- Creates a culture of "yes and"
- Fosters true communication
- Practices vulnerability/Empathy
- Role expression & play
- Scientifically proven

