“Improv for Professionals” with Rich Baker

The Four Agreements for every Play Like A Team workshop:

1. **Support each other and make each other look good**
2. **Be right here right now - aka present**
3. **Dare to fail**
4. **If you feel silly, you’re doing it right**

Crucial Soft Skills Improv Develops:

1. **Connection & Listening**
2. **Creativity & Brainstorming**
3. **Dealing with Burnout**

Connection & Listening

Listening and connecting with others are crucial skills for every professional. Improv requires us to rely on each other with empathy. It inspires us to embody the South African greeting “**Sawubona**” which translates to “**I see you**.” These skills help us to bond with others and build up teams.

Creativity & Brainstorming

Great ideas can come from bad ideas when we hold space for them. **Improv teaches us to contribute rather than control** so we can meet people and situations where they are at. Playing with ideas and seeing what they inspire (aka ‘Yes And’) leads to crucial problem solving and innovation.

Dealing with Burnout

The opposite of burnout is excitement. Many think that ‘play’ and ‘fun’ aren’t necessary for professionals, but that kind of thinking leads to stress. The play and fun improv provides increases excitement and battles the burnout that plagues so many people.

Overall: Improv increases humanity in the workplace.

rich@playlikeateam.com
+1 (909) 742-0177
www.playlikeateam.com
linkedin.com/in/therichbaker/