



ASPIRE
TO
HARMONY

Your Team is Back!

IMPROV TO IMPROVE!

**A workshop to re-ignite face to face
communication amongst team members with
fun and interactive improvisation games**

ASPIRE TO HARMONY, LLC
WWW.ASPIRETOHARMONY.COM

What do Saturday Night Live and The Second City Improv club, have in common with successful people and organizations?
They follow the same core principles!

AUTHENTICITY
LISTENING
COLLABORATION
FEARLESSNESS



These are just a few of the common attributes that successful “Improvisees” share with high- performing people and organizations.

This fun, lively and highly interactive workshop—led by an experienced facilitator who is also a trained improviser, enables participants to experience and learn the “Yes, And” approach, that is taught by The Second City to actors and organizations around the world. Your teams will emerge energized, and with a plan for applying “Yes, And” to your organization and their lives.



To learn more about this and other workshops go to www.aspiretoharmony.com or email: aida@aspire2harmony.com

SAMPLE AGENDAS

IMPROV AND IMPROVE!

The Leadership and Life Lessons of “Yes, And”

FULL DAY SAMPLE AGENDA

9:00-10:15am	Introductions, Overview of Improv, Fun stuff
10:15-10:30am	Break
10:30-Noon	Improv concepts & interactive exercises— Organizational Competencies Illustrated: Presentation Skills, Policy Facilitation,
Noon-1:00pm	Lunch
1:00-2:30pm	Improv concepts & interactive exercises Organizational Competencies Illustrated: Staff Effectiveness, Initiative-Risk Taking-Creativity
2:30-2:45pm	Break
2:45-3:30pm	Improv concepts & interactive exercises Organizational Competency Illustrated: Inclusion
3:30pm-3:45	Break
3:45 -5:00pm	Summing up—Review of the day, final exercise

HALF DAY SAMPLE AGENDAS

AGENDA #1

8:00	Check-in
8:10	Welcome and overview
8:15	Powerful Introductions, Group discussions & Table reports – 24 min
8:50	“We are (organization)” Group discussions— 24 min
10:00	Break
10:15	Welcome to the “Ensemble” Have fun & Improv(e) your teamwork and communication through improvisation
11:50	Summing Up
12:00	Adjourn

AGENDA #2

1:00-1:30pm	Introductions, Overview of Improv, Fun stuff
1:30- 2:30pm	Improv concepts & interactive exercises—Leadership Competencies Focus: Empowerment-Staff Facilitation, Initiative & Risk Taking
2:30-2:45pm	Break
2:45-3:30pm	Improv concepts & interactive exercises—Leadership Competencies Focus: Teamwork & Collaboration
3:30-4:00pm	Summing up: Review of the day, final exercise

TWO HOUR AGENDA

1:00-1:30pm	Introductions, Overview of Improv, Fun stuff
1:30- 2:45pm	Improv concepts & interactive exercises
2:45-3:00pm	Summing Up



STORYTELLING

Turn messages into stories that persuade, inspire & transform

History's most compelling leaders understand the power of a good story--to draw us in, engage our emotions, and motivate action. Stories make complex information understandable—and relatable. Whether you're leading an organization or teaching your children, stories have the power to connect us in ways that even the most skillful presentations cannot.



Through interactive discussion, group and individual exercises, participants will learn the principles of storytelling, and be challenged to construct, to tell a story and to learn, explore, and experience their "inner storyteller".



Aida Johnson-Rapp She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

aida@aspire2harmony.com
312-636-9019

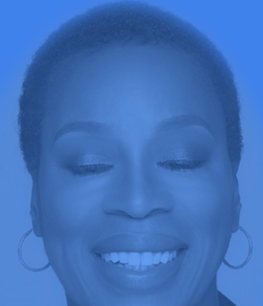
Aida offers other workshops including, '*Improv and Improve!*', '*Journaling for Self-Discovery*', *team building retreats* and several more.

Go to Aspire2Harmony.com for more information.



ASPIRE
TO
HARMONY

LOVE, LEARN, LAUGH, LIVE



JOURNALING FOR SELF-DISCOVERY

Discover the transformative effect of journaling

Journaling is a place where you can go to figure things out. Journaling is the archeology of your life, When you reveal yourself on the page to yourself, you can reveal yourself to the world.

ASPIRATION

SANCTUARY

CREATIVITY

Journaling offers participants an opportunity to explore their inner life and make changes to their outer lives, gain greater self-awareness and personal growth. In this workshop participants get ideas, prompts, techniques and tips to enrich and enhance the journaling experience.



Aida Johnson-Rapp She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

aida@aspire2harmony.com
312-636-9019

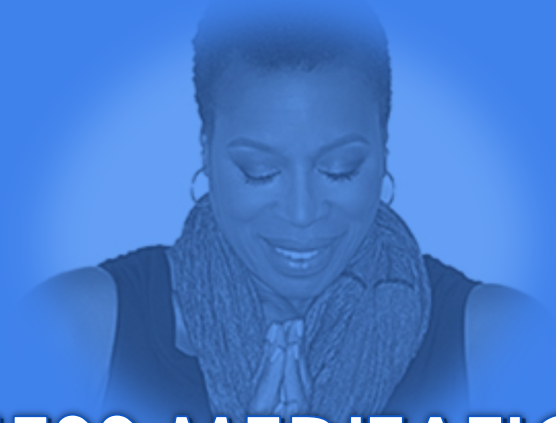
Aida offers other workshops including, 'Storytelling', 'Improv and Improve', team building retreats and several more.

Go to [Aspire2Harmony.com](https://www.aspire2harmony.com) for more information



ASPIRE
TO
HARMONY

LOVE, LEARN, LAUGH, LIVE



MINDFULNESS MEDITATION

Learn to be in the moment through breath and awareness

The demonstrated benefits of meditation have helped remove the stigma of unconventional “woo-woo” healing methods, such as spirituality, mysticism, and alternative medicine. Additionally, meditation can take many forms: a sound, a simple movement, or a single point of mental focus, which still the mind and enable us to connect more harmoniously with the world around us.

HEAL

RELAX

REJUVENATE

Sound is all around us and specific sounds can provide tools that heal, relax and rejuvenate. This workshop includes spoken guided meditation and the Crystal Bowl experience of being in a sound bath of peace and tranquility.



Aida Johnson-Rapp She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

aida@aspire2harmony.com
312-636-9019

Aida offers other workshops including, 'Storytelling', 'Improv and Improve' "Journaling for Self Discovery", team building retreats and several more.

Go to Aspire2Harmony.com for more information

WELLNESS RETREAT (SAMPLE)

Day One	
7:30-8:15AM	Healing through Movement – 45 minutes Movement is essential to your overall wellbeing. It's not only beneficial for your physical body, it also helps you process your emotions more effectively. It is highly recommended that everyone engages in some type of physical activity every day, either on their own or as part of group activity. Explore a simple way to get moving using your own body weight. Brief overview and 30-minute activity session workout shoes, fitness attire, water.
8:15-10:15AM	30-minute Breakfast Buffet Journaling as a Stress Reduction Tools -1.5 hours Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down. Writing tool and paper/pad
10:15-10:30AM	15-minute Break
10:30-11:30AM	Self-Care Through Massage – 1 hour Finding time for a massage may sometimes be difficult. That's why it's helpful to use self-care massage tools for preventing or treating pain or imbalances in the body. While these tools don't provide "massage" as such (and can't replace a professional therapist), the best ones offer some of the same benefits. Lecture and 30-minute activity session, tennis balls
11:30AM-12:30PM	Introduction to Mindfulness Meditation – 1 hour Scientists are beginning to identify the physical changes—on a molecular level—that result from mindful meditation practice and, in so doing, are enhancing our understanding of how a consistent meditation practice benefits health. Lecture and 30-minute guided meditation. Mats, bolsters, chairs, blankets
12:30-1:30PM	1-hour lunch
1:45-2:45PM	Walking Meditation – 1-hour Walking as meditation is a wonderful way to transform something that most of us do every day into a deeply healing, nourishing, and enjoyable tool. Brief overview and active practice 20-30 minutes. Marsh walking paths, comfortable shoes
2:45-3PM	15-minute Break
3-4PM	Music is the universal language of humankind – 1-hour The next time you face a daunting task, think of a strategic musical choice to give your brain and body a motivational boost. Lecture and research activity – headphones, personal listening device
4-4:30PM	30-minute Evening Transition
4:30-7:30PM	Reception, Dinner and Entertainment – 3 hours

Day Two	
7:30-8:15AM	Gentle yoga – 45 minutes A class that is mostly seated or with long holds (such as restorative or yin yoga). It offers nurturing, kindness, and compassion for the body.
8:15-10:15AM	30-minute Breakfast Buffet Community Wellness Planning – 2- hours A healthy community provides many ways in which its members can interact with each other to exchange information about needs and resources, become engaged in the planning and decision-making processes that affect them, and work together to achieve common goals. Lecture and workbook
10:15-10:30AM	15-minute Break
10:30-11:30AM	Retreat Reflections and Closing – 1-hour