



# IMPROV AND IMPROVE!

## The Leadership and Life Lessons of “Yes, And”

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!**



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 executive 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.



**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.

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Aida offers other workshops including, ‘Storytelling’, ‘Journaling for Self-Discovery’, team building retreats and several more.

Go to [Aspire2Harmony.com](http://Aspire2Harmony.com) for more information.

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## SAMPLE WORKSHOP AGENDAS



### 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,
<b>Noon-1:00pm Lunch</b>	
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 and Finish