

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
“Improvisers” 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



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!**



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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](https://aspire2harmony.com) for more information.

SAMPLE AGENDAS

IMPROV AND IMPROVE!

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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



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.



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