

Join Us.
We Quadruple Dare You.

HUDSON VALLEY IMPROV

www.hudsonvalleyimprov.com

IMPROV EMPOWERMENT
WORKSHOPS
for
TEACHERS & ADMINISTRATION



JUST SAY YES

In our customized **Improv Empowerment Workshops for Teachers & School Administration**, our goal is to empower and refuel the participants as well as deepen their connection and strengthen them as a well-oiled team. We provide a fast paced and super creative experience where the participants strengthen their communication skills, mindfulness, sense of self and empower each other to greatness. We do this with professional improv training called *Improv Empowerment*.

WHY IMPROV?

At some point in our growing up we all stop playing. When we say *play*, we don't mean playing cards or board games. We mean playing games like *Freeze Tag* and *Hide-N-Seek*. At some point, we are taught that games are for kids and if we want to be taken seriously, we had better stop playin' around.

Well this is all changing. Bit by bit the adult workforce is realizing how playing encourages creativity and growth. There have been several articles written about how improv workshops are infiltrating corporate America. Improv teaches us how to be human again and addresses how we listen, communicate, lead, inspire and create. Most importantly, improv connects us to our natural instincts and gifts we were born with. We are all born and almost immediately play. That's how we learn. But somewhere we all forget that. This class helps the participants keep playing and empowering each other in the workplace.

Improv is an ensemble sport. You can't do it without a deep connection to your teams. *This is why improv is perfect training for teamwork!*

WHAT WILL HAPPEN IN THIS WORKSHOP?

Our workshops are wild, noisy, hilarious, fast paced and fun. From the outside, this looks like a giant group of adults running around screaming. But it's actually a highly structured workshop teaching skills like listening, eye contact, acknowledgement, focus, trust, and acceptance. We do this with group games and teaching points in a circle as well as team games.

WHAT WILL PARTICIPANTS WALK AWAY WITH?

Lessons that may arise in the games:

The logo for Hudson Valley Improv, featuring the text "HUDSON VALLEY" in a smaller font above the word "IMPROV" in a larger, bold font, all contained within a black square.

HUDSON VALLEY
IMPROV

- Trusting that who they are and what they have inside is unique and fabulous
- They will fine tune their communication skills by heightening their senses and trusting their instincts
- How to be a YES person even when they want to say NO
- They will learn how being a true team player makes the OTHER person a Rockstar
- They will create a great memory and know each other on a whole new level
- They will learn how to work as a team and solve problems quickly
- They will learn how to give and take focus

NOW WHAT?

Your representative will meet with us to create a program that fits within your goals and budget. If your budget is limited, we suggest limiting the number of participants. We require a minimum of 15 participants. We can go up to 40 but need separate playing areas.

Read more about us at www.hudsonvalleyimprov.com