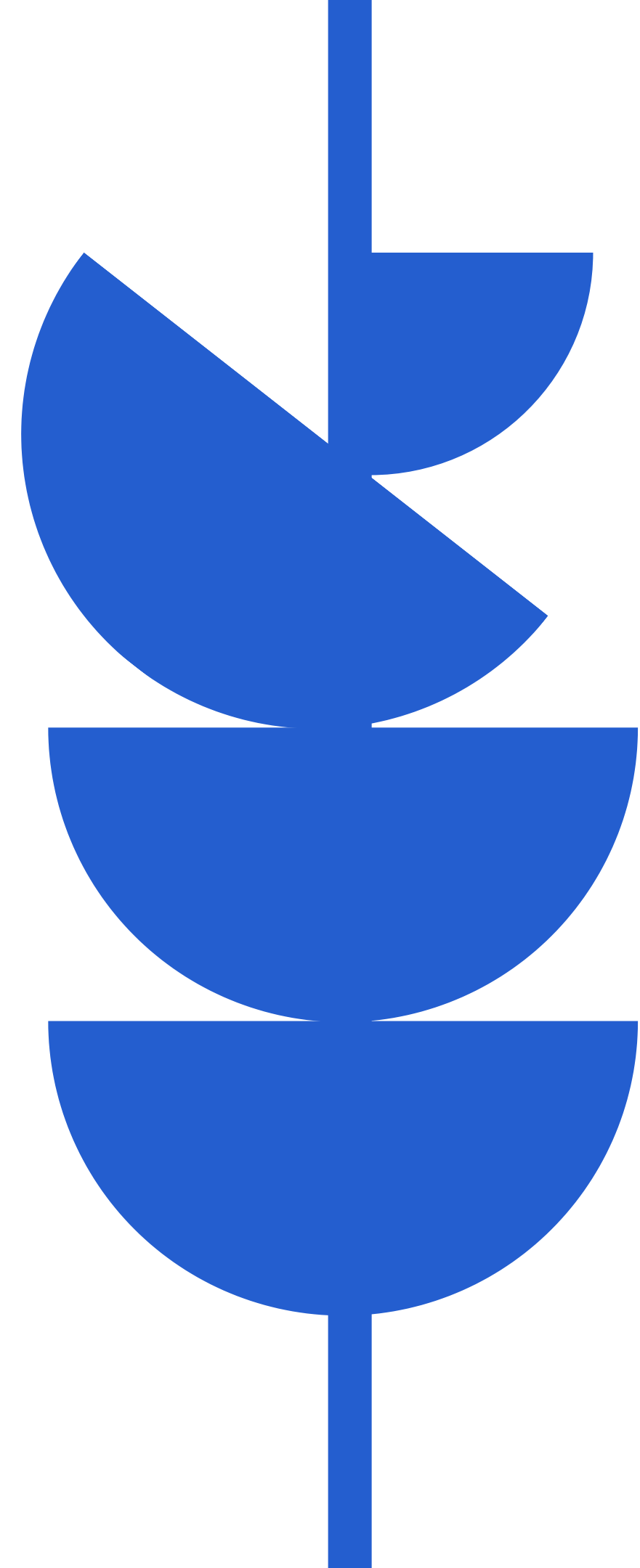


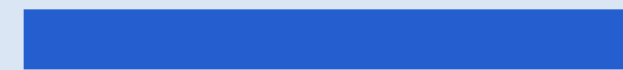
Thinking on Your Feet

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A MasterClass



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Purpose

Develop nerves of steel for any high-pressure situation

Build improv instincts to pivot like a pro

Become the unflustered guy/gal with all the right moves

Objectives

- Develop calm, composed mindset for high-pressure situations
- Strengthen active listening abilities to fully understand the context
- Learn frameworks for structuring clear, coherent responses
- Build a toolkit of go-to techniques to buy time and pivot
- Cultivate confidence to think and speak spontaneously
- Gain experience through realistic practice scenarios

Topic 1 Get started

Title	Welcome and Introductions
Time	10 minutes
Points	Importance of thinking quickly in today's world Examples of when it's crucial Workshop objectives
comments resources	Start the session with something that grabs attention and demonstrates quick/imaginative thinking

Topic 2 Mindset

Title	The Mindset
Time	20 minutes
Points	Staying calm under pressure Breathing techniques Positive self-talk Being present and aware Having confidence in your abilities
comments resources	Activity: Pressure Scenarios - Work through a few low-stakes scenarios that put people on the spot - Practice remaining composed

Topic 3 Active Listening

Title	Active Listening - how it buys you time
Time	30 minutes
Points	Why active listening is key Strategies for active listening Body language - Avoiding interruptions Asking clarifying questions How it buys you thinking time
comments resources	Activity: Active Listening Drill - Participants listen to a speaker and then rephrase the core idea - Observers provide feedback

Topic 4 Responses

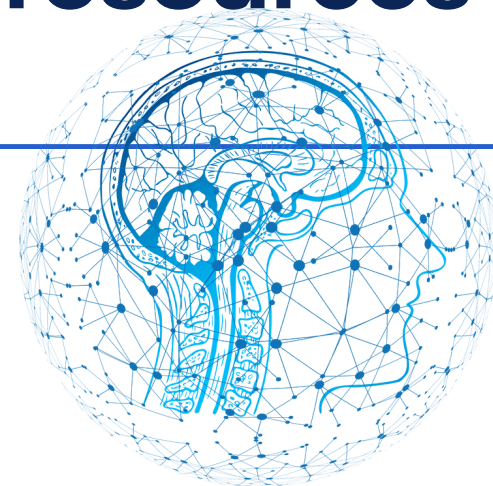
Title	Structuring Responses
Time	30 minutes
Points	Having a mental framework Opening statement 2-3 key points - Conclusion Transitioning between points Examples of good structuring
comments resources	Activity: Structured Response Practice - Participants spontaneously respond to questions using the framework - Peer feedback on structure

Topic 5 Go To Techniques

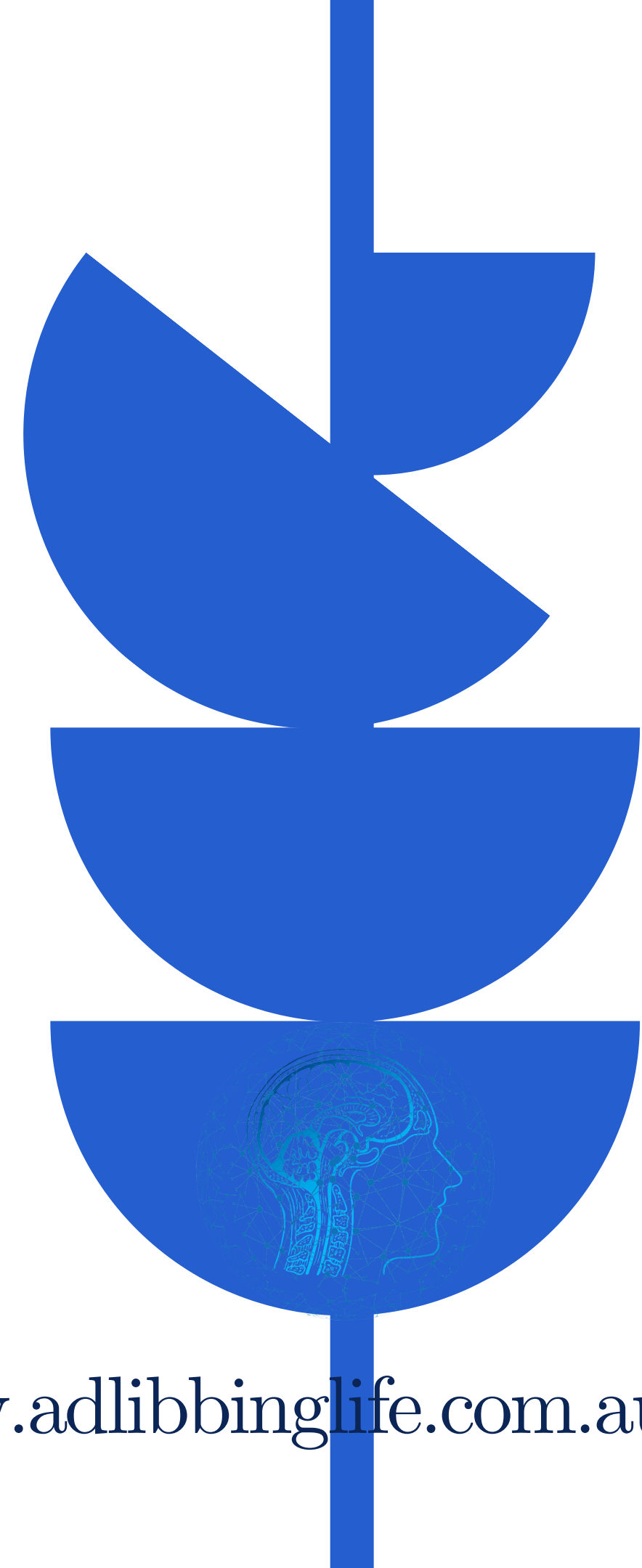
Title	Go to Phrases
Time	20 minutes
Points	Using filler lines to stall "That's an interesting perspective..." Bringing up new topics Pivoting with humor "Did somebody say [X]?" Asking a clarifying question
comments resources	Activity: Go-To Deployment - Participants role-play scenarios and utilize their go-to techniques - Discuss what worked well

The Wrap

Title	Putting it all Together
Time	10 minutes
Points	Review key principles Making it a habit through practice Open Q&A
comments resources	Closing Activity: Final Challenge Scenarios - Participants are put on the spot with impromptu questions/situations - They utilize the full suite of skills learned



Additional Information - Confidence

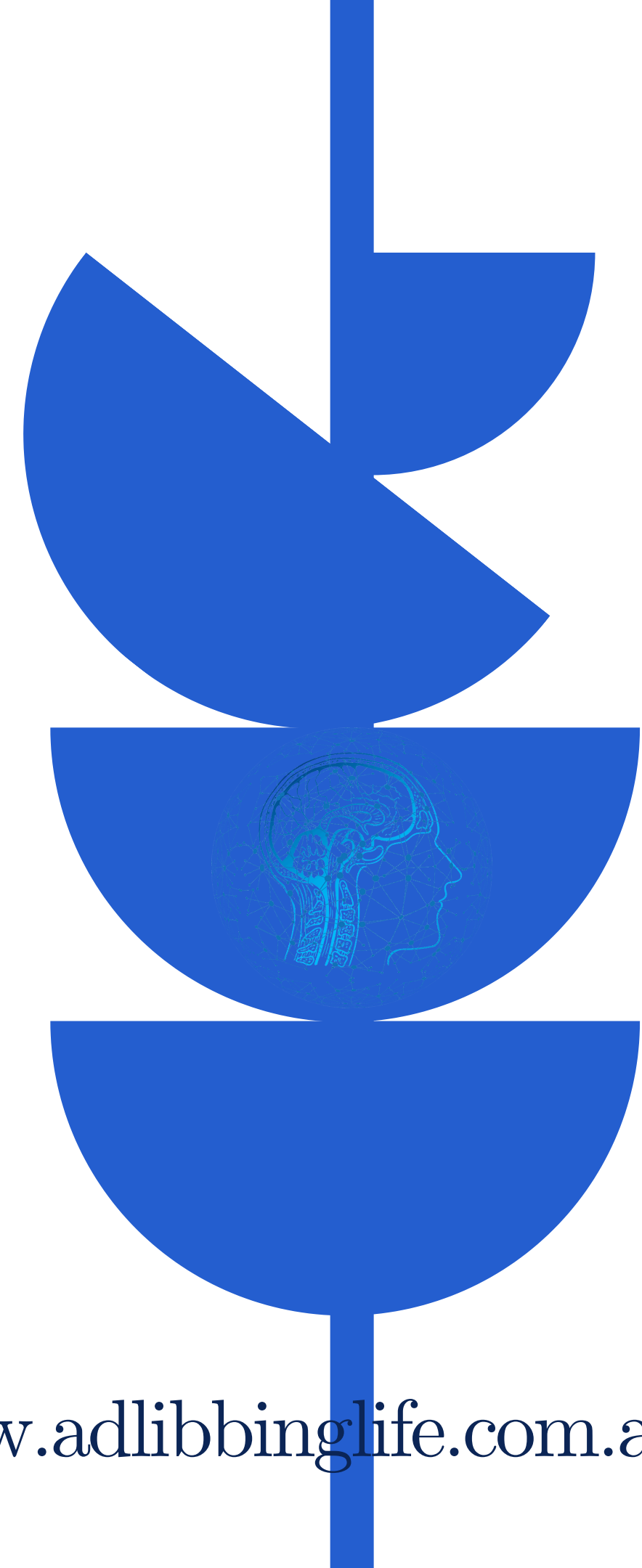




Confidence Boosting as a Key Element

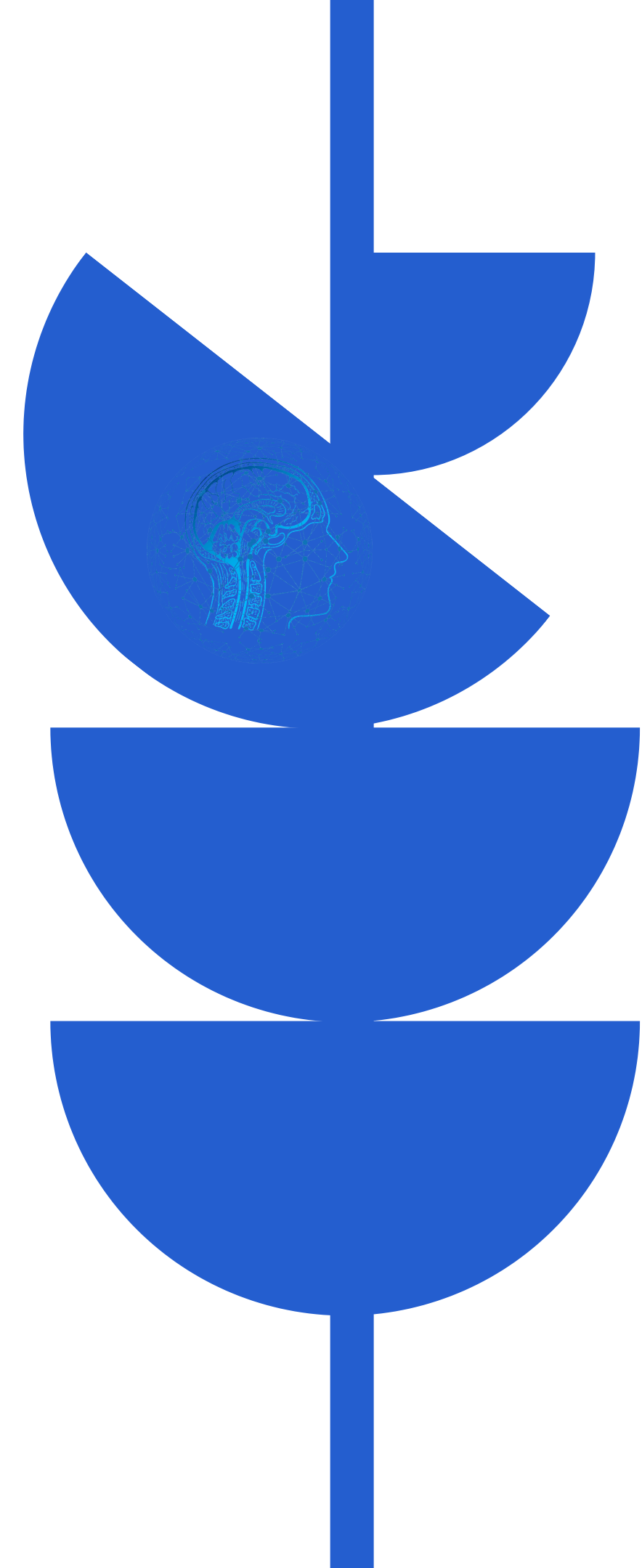
- Include a short discussion about the mindset of improvisers/performers who must think on their feet. Examine the key attitudes.
- Have participants incorporate confident body language and vocal projection when responding during activities.
- Use peer feedback during practice scenarios to highlight what demonstrated confidence and poise.
- Provide positive reinforcement and call out moments of confidence.
- In the opening, have participants list situations where they wish they could respond more confidently. Revisit these at the end.
- Add a quick confidence self-assessment survey before and after to measure improvement.

Confidence Self Assessment



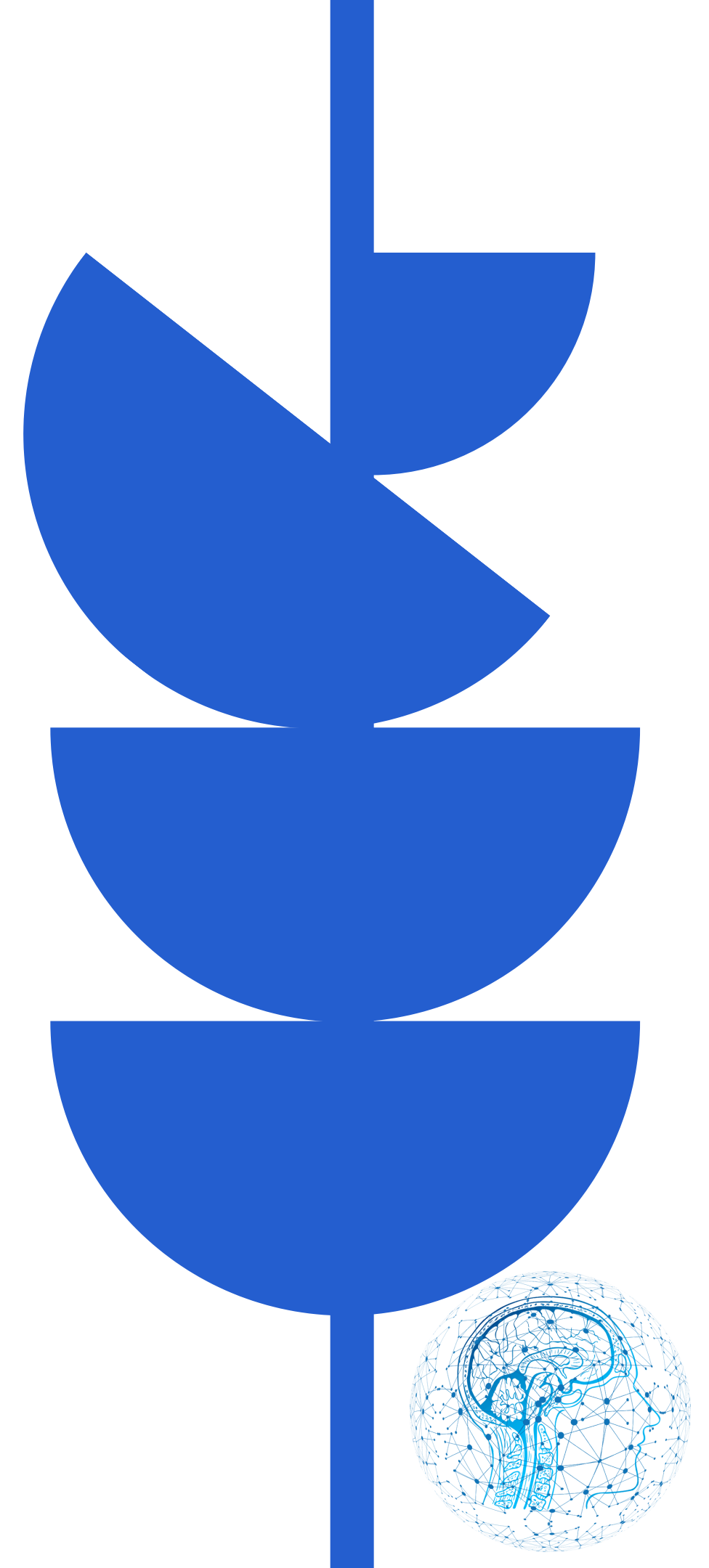
Rate your level of confidence
in each area on a scale of 1
(not at all confident) to 5
(very confident).

This self-assessment is for
your own self-awareness -
there are no right or wrong
answers.



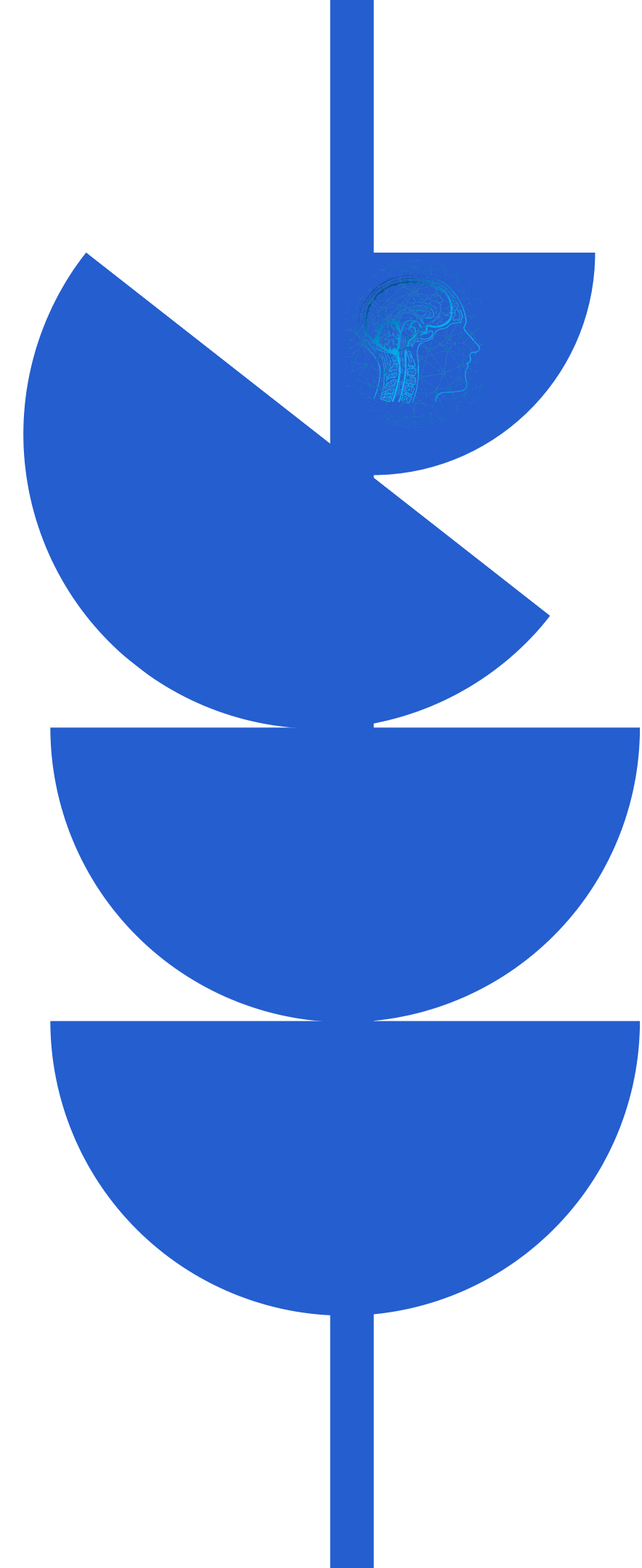
Staying calm and composed
when put on the spot or
under pressure:

1 2 3 4 5



Actively listening and
fully comprehending the
context of a situation:

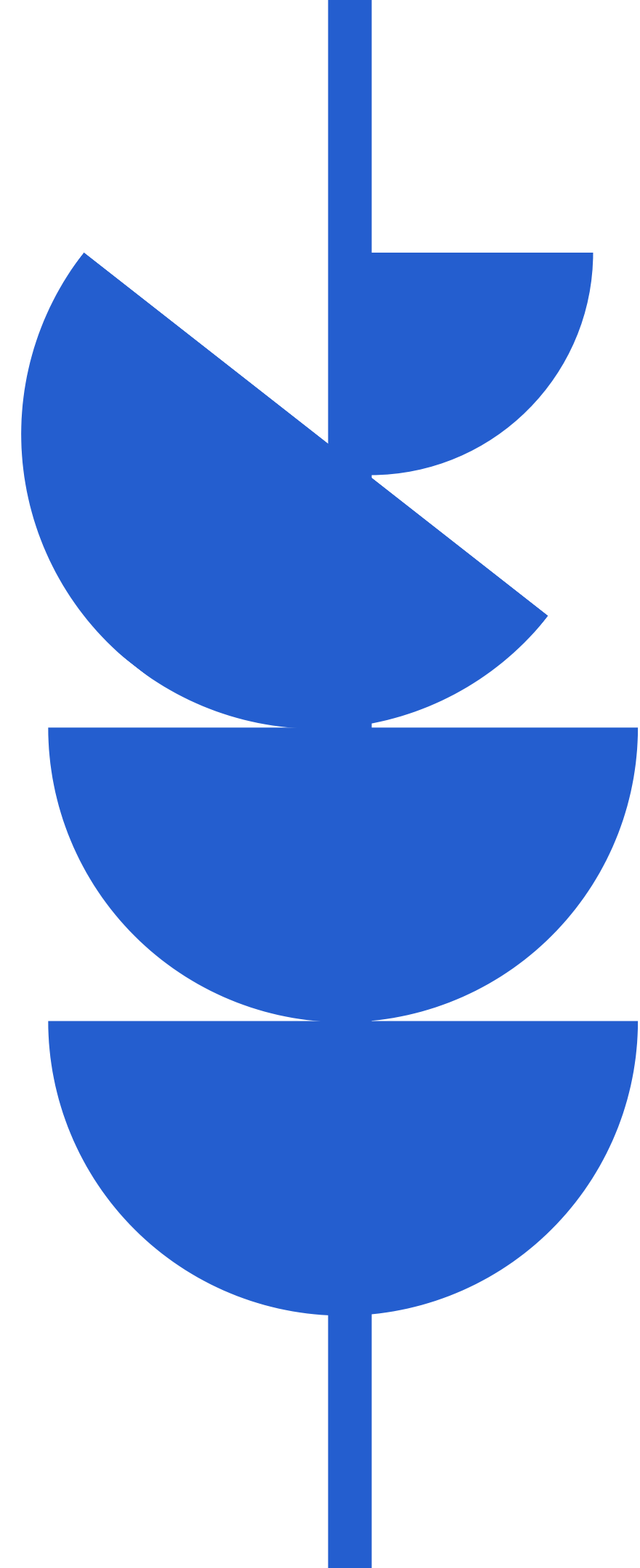
1 2 3 4 5



Organizing your thoughts
into a clear, structured
response:

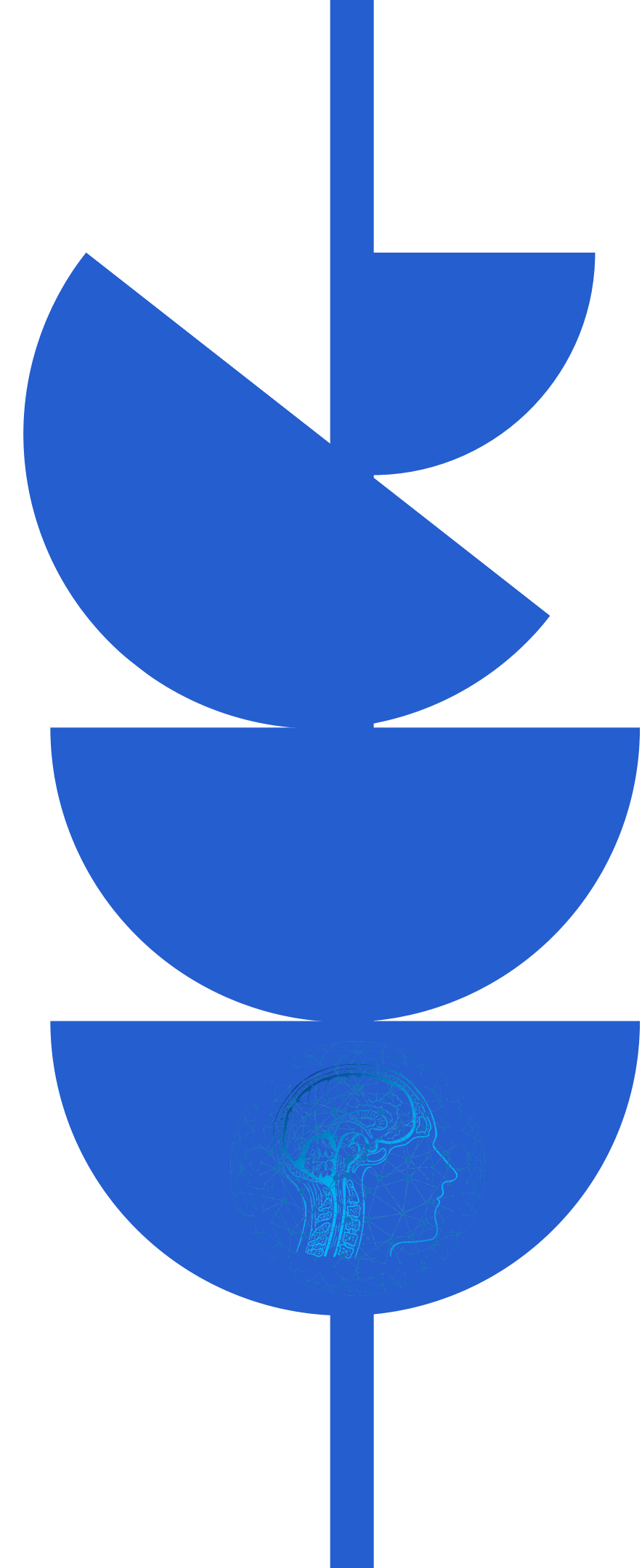


1 2 3 4 5



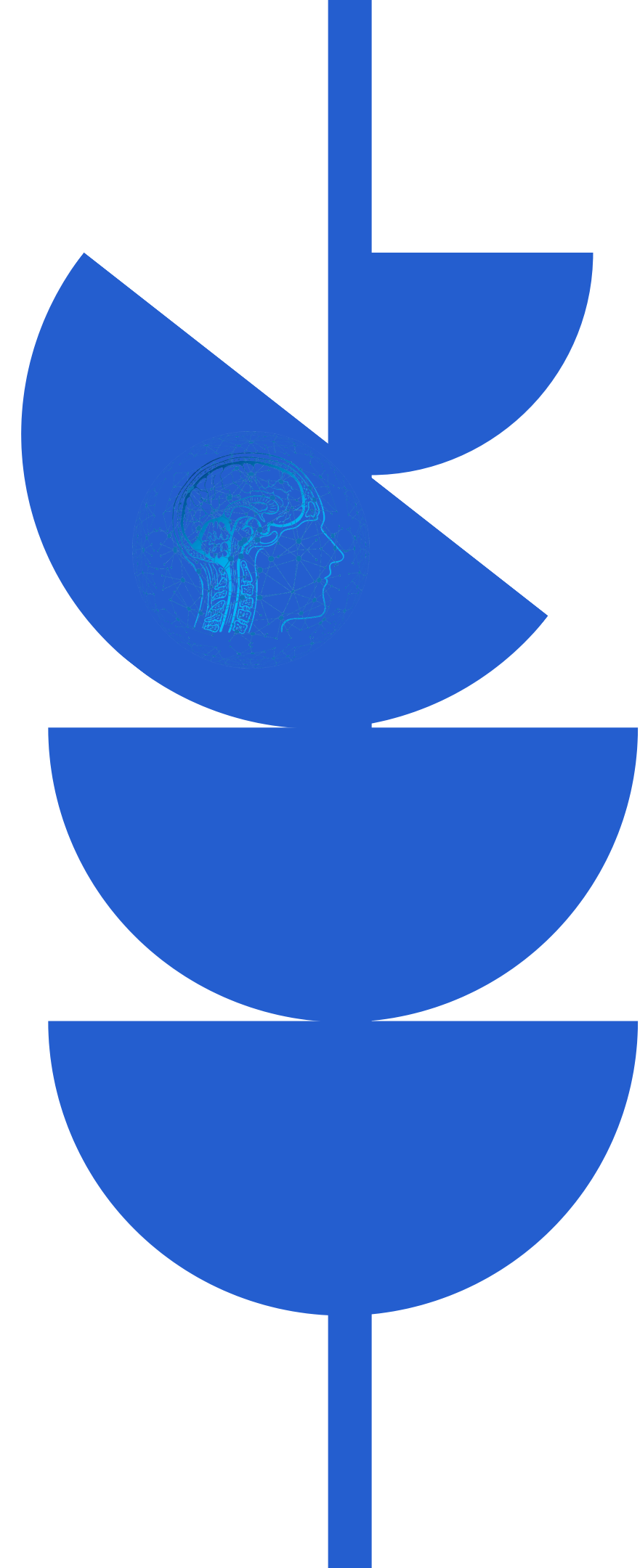
Knowing techniques to
buy yourself time to
think before responding:

1 2 3 4 5



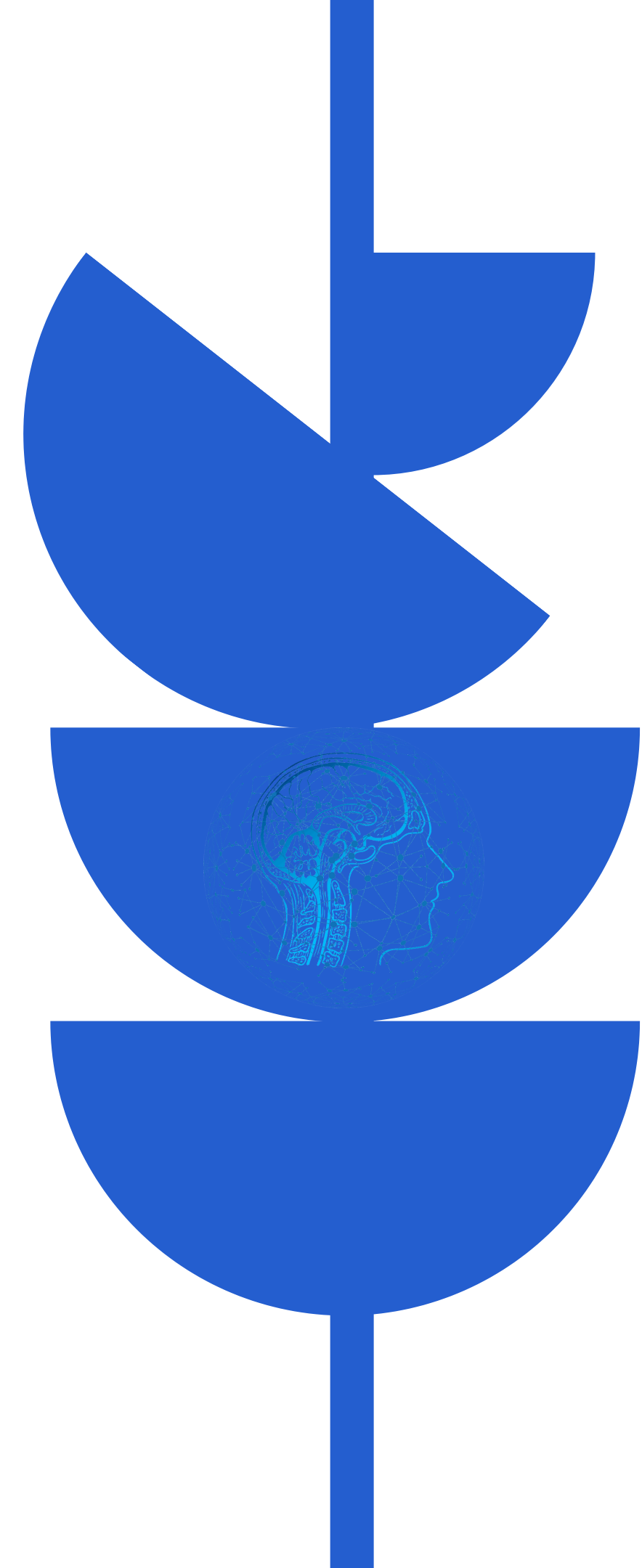
Having the confidence to
provide an off-the-cuff
response:

1 2 3 4 5



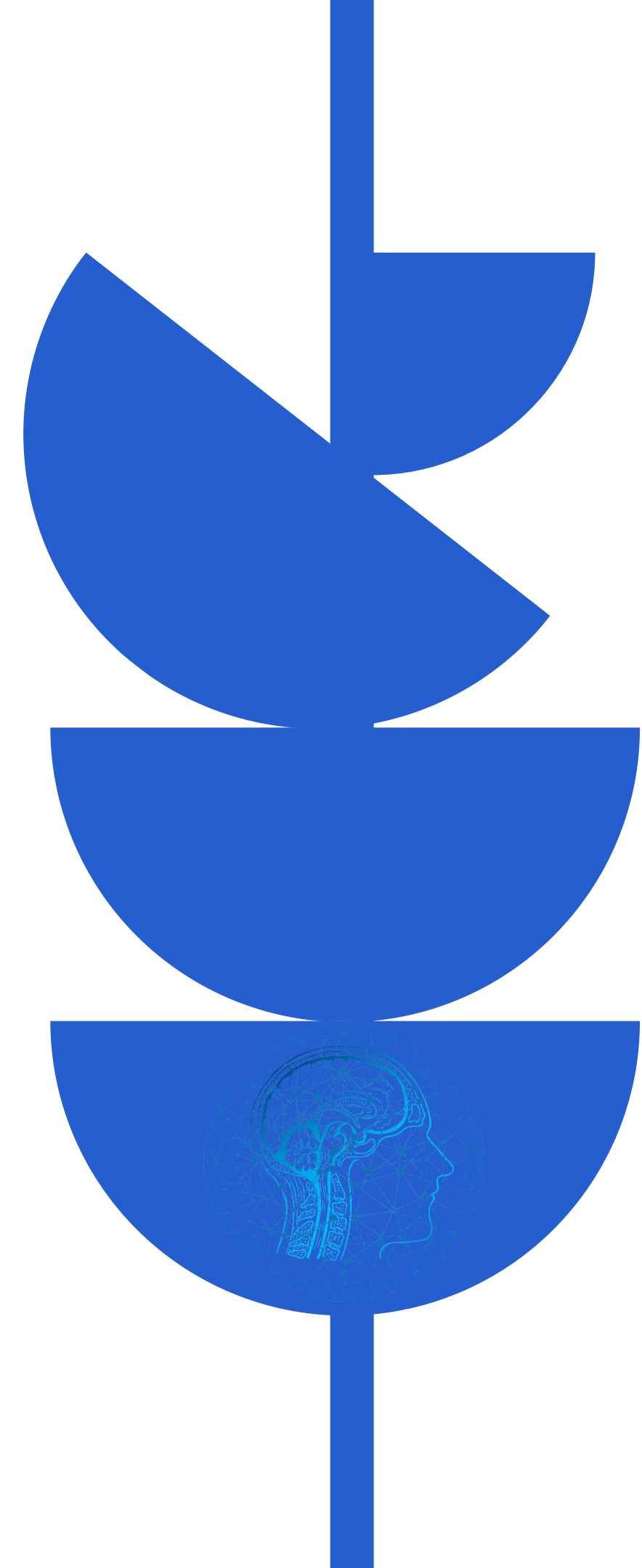
Pivoting a conversation
in a different direction
when needed:

1 2 3 4 5



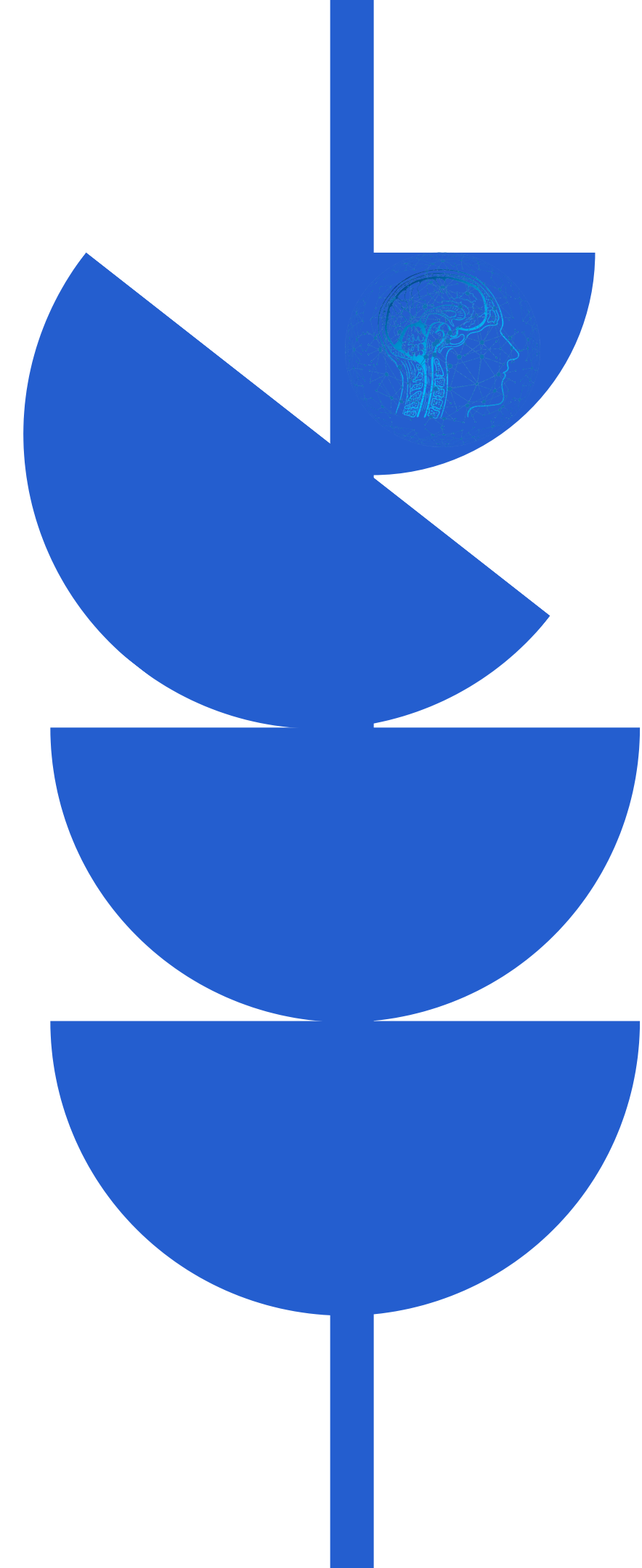
Using humor appropriately
to diffuse tension:

1 2 3 4 5



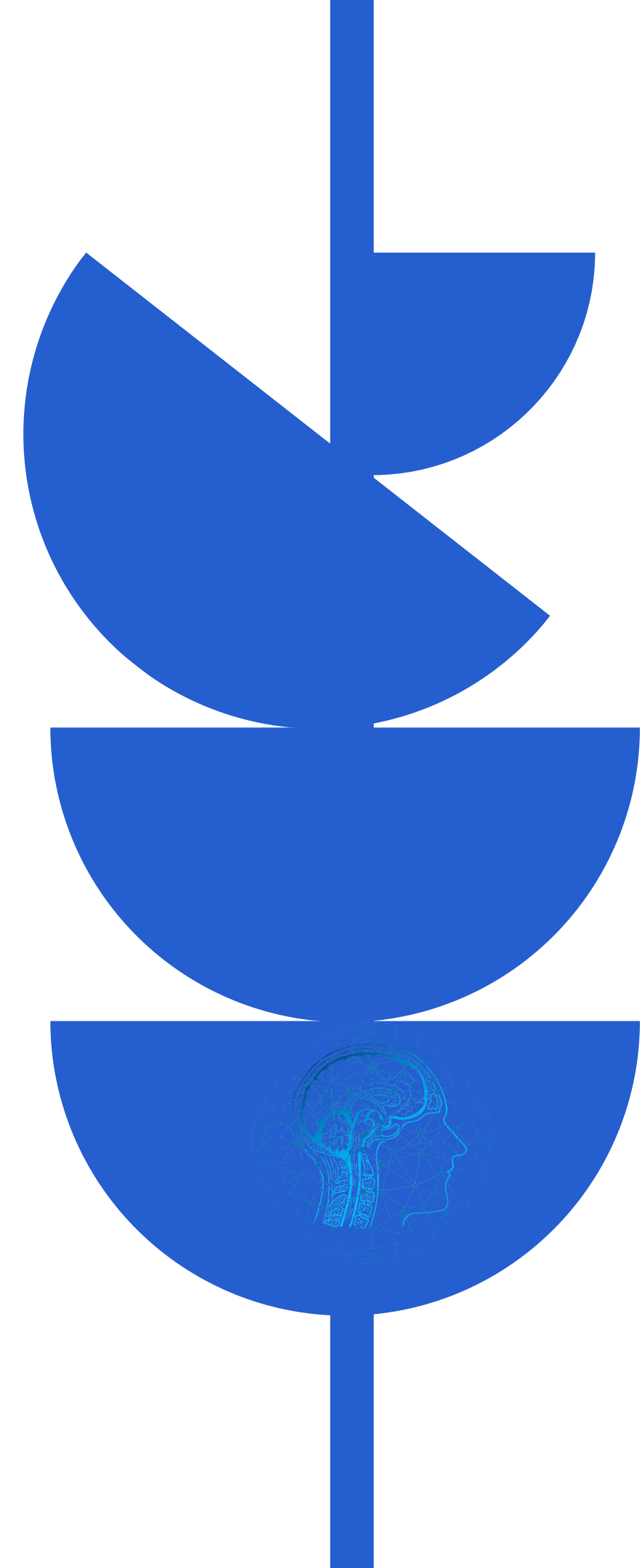
Projecting assured body
language and vocal
tonality:

1 2 3 4 5



Believing in your ability
to think and
communicate clearly
under pressure:

1 2 3 4 5



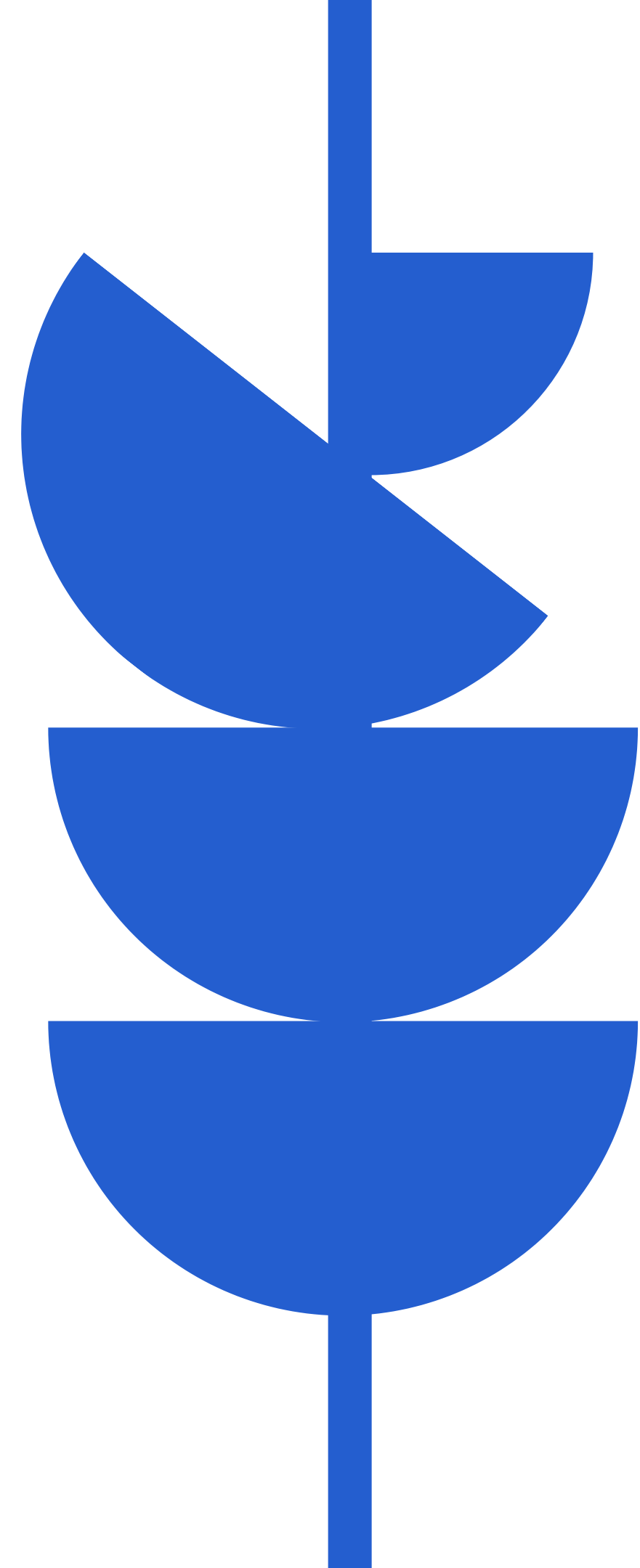
Overall confidence in your
skills for thinking on your feet:

1 2 3 4 5



References:

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Follow up questions:

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