

The Alchemy of Applied Improv:

Turning **Curiosity** into **Insight**;

Turning **Insight** into *Action*



CWA 2019 WORKCON
Facilitated by Izzy Gesell



Our Agenda

- The relevance of Applied Improv to today's workforce
 - How Applied Improv works
- Your own takeaways & insights

● ● ● | APPLIED IMPROV- Why?

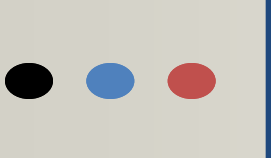
APPLIED IMPROV- Why?





The Premise

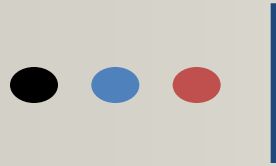
The skills that make improvisers successful are cognitive skills.
They are available to us all
as a **PRACTICE.**



The Way We Play...

...is the way we are in situations with similar emotional content.

We are our authentic selves when we play.



Why Now?

LIMINAL SPACE

“A term that applies to those uncertain times in our lives when we stand in the threshold between the ‘old’ which may no longer work and the ‘new’ which is not yet clear”

Wayne F. Goulet, Ed.D.



Why Now?

4 TRENDS

- Advances in Neuroscience
- Cognitive-Behavior Therapy
- Positive Psychology
- Mindfulness



SELF-TALK

“The ongoing dialogue we have with ourselves that determines our beliefs about the world.”



The Premise

Improv is a

- Goal-directed
- Mission-driven
- **TEAM** activity



The Premise

...Where each participant is both,
at various times,
a **leader** and a **follower**.

APPLIED IMPROV- How?





The Applied Improv Mindset

We practice these skills by:

Consistently generating new ideas.

Incorporating changes quickly and easily

Communicating constructively, consistently and proactively.

In the real world, these are skills necessary:

To see things from new perspectives.

To act without knowing the exact outcome.

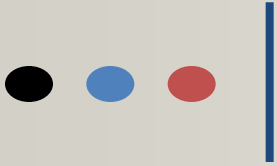
To recognize the need to co-create strategies and vision.

● ● ● |
Artist

CHUCK CLOSE

“Inspiration is for amateurs- the rest of us just show up and get to work.”

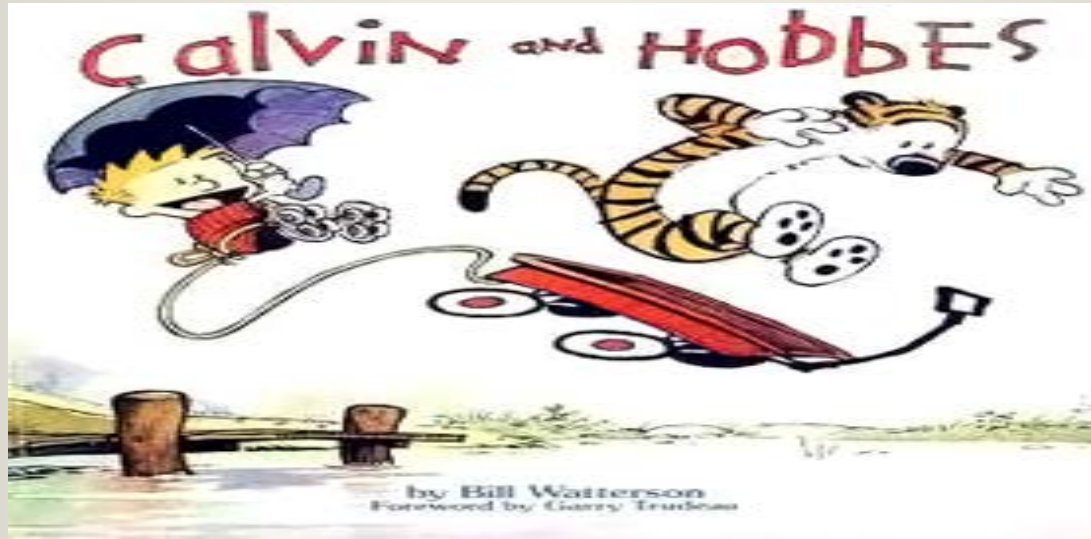




"There's probably an oversupply of ideas. It's the *execution* that makes a difference."

John Rogers,
executive vice president of Goldman Sachs
www.izzyg.comm





Playing with ideas is the best way to solve problems...
A playful mind is an inquisitive mind and learning is fun."



3 Foundational Qualities of Successful Improvisors

- PRESENCE
- ACCEPTANCE
- TRUST



Game: One Word at a Time



The Point Of Concentration

What is the smallest bit of information I
need to FOCUS on in order to
MOVE *FORWARD* TOWARD MY GOAL?



ACCEPTANCE

YES..... AND

YES..... BUT



Game: Yes, and...



TRUST

Suspending judgment while
allowing the process to unfold.

REMAIN OPEN to Unforeseen OUTCOMES



TRUST

THE PROCESS

Leads to higher levels of

TRUST in SELF

Leads to higher levels of

SELF-CONFIDENCE



5 Things to Know

1. Many things are possible; not everything will work
2. Mistakes will happen. It's OK
3. Perfection is not the goal. Expect the Unexpected
4. Silence is ok.
5. Any rule can be broken. Ask, "What if...?"



5 Things to Do

6. Help my partner(s) look good.

7. “Yes...And; not “Yes...But”.

8. Use the environment for ideas.

9. Listen without judgment.

10. When unsure, proceed anyway



Take-Aways

Start doing?

Stop doing?

Continue to do?



THANK YOU!

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Free App: [improv4you](#)

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