

# Improv to Improve

## Improv

Describe “What is Improv?”

How could your team benefit from improv?

## Assessing your Team

Consider your team, what is the current culture of your team?

What is your “future” vision for your team?

How to get your team members to participate?

## Ground Rules

What ground rules would you like to include?

1. Non-judgmental
2. Practice with intent of having fun and growing as a team
3. Supporting each other – no matter what
4. Allow yourself to have fun and experience work differently
5. Allow yourself to be spontaneous in what you say and do
- 6.
- 7.
- 8.
- 9.
- 10.

## Practice Notes

How could I share these techniques with my team?

### Counting Down

### Following the Leader

### Yes/And

### Expert Panel

## Commitment

1. What is your level of commitment for trying an improv technique with your team?  
(1 – no way, no how, 10 – definitely trying at my next team meeting)
2. If so, what do you commit to doing?
3. By when do you want to do it?
4. What could keep you from completing this commitment?
5. What supports do you need to help you to follow through?

Brought to you by:

**Sandra Menzies, LLC**

[Sandy@SandraMenzies.com](mailto:Sandy@SandraMenzies.com)

301-385-9294