

# IMPROV TEAMBUILDING (COMPANY)

## OUTCOMES

- Increase group adaptation and team resiliency during adverse changes.
- Build lasting relationships and memories
- Eliminate functional fixedness and take on responsibility
- Solve problems creatively and improve innovation
- Positively improve group morale and impart conflict resolution skills
- Increase soft-skills and reduce communication barriers
- Train a habit of listening and accepting before judging

## OVERVIEW

From the get go you will be on your feet, moving, playing, reacting and thinking fast. We will break down barriers, create a safe environment for everyone to have fun, where failing is encouraged! We play improv games to learn lessons and challenge ourselves.

You will do a mix of group and partner work, succeed as an ensemble and if you are feeling up to it: do your own improvised scenes in front of your encouraging team!

<b>Yes, And!</b>	<b>Raise the Stakes</b>	<b>One for All</b>
<b>What is it?</b>	<b>What is it?</b>	<b>What is it?</b>
This is the fundamental concept and the core of all teams. Being able to say Yes! We will play, have fun, fail and say Yes to it all. Then add even more.	Heighten offers and create strong relationships and find the truth of the scene. Enjoy bonding with your team while learning how to advance everyone's goals.	The core of any team is working together. Improv is the same, you are working to make your partner and team look the best. We will build scenes, solve problems, and really work on trust.
<b>You Will Learn To:</b>	<b>You Will Learn To:</b>	<b>You Will Learn To:</b>
<ul style="list-style-type: none"> <li>✓ Accept offers</li> <li>✓ Unlearn fixedness</li> <li>✓ Be present and spontaneous</li> <li>✓ Increase creativity and divergent thinking</li> <li>✓ Move ideas forward</li> <li>✓ Take risks and have fun</li> </ul>	<ul style="list-style-type: none"> <li>✓ React and not plan</li> <li>✓ Motivate and increase morale</li> <li>✓ Heighten and add to the solution</li> <li>✓ Tie it all together and share vision/outcomes</li> <li>Listen, and let go</li> </ul>	<ul style="list-style-type: none"> <li>✓ Trust. Trust yourself and your team.</li> <li>✓ Eliminate 'trying' to be the best (or the funniest)</li> <li>✓ Create a productive environment</li> <li>✓ Turn the unexpected and setbacks into strengths</li> <li>✓ Rise (or fall) as a team!</li> </ul>



All of our programs can be used as Professional Development Units. We have worked with many different individuals and organizations including but not limited to: Colleges and Universities, NPO, NGO, Government, Corporate, and Entrepreneurs.

## THE CAST



Hamed Dar is a PMP who has extensive experience in coaching, team-building, and communications. He uses his background in theatre, and improvisation (Second City Alumni) to his professional work as a project manager to lead workshops. He has worked with the Alberta government, Ontario Ministry, and as a Child and Youth worker, which has earned him Alberta's Silver Premier Award for Excellence in Public Service; which he owes to his training in communication and empathy.



Tim has 30 years experience working in management training, economic and business development, and project management consulting on five different continents. He has owned and operated an ERP integration firm in the Netherlands (Onyva International) and a group resort in Canada (Footprints). An award winner with Toastmasters International, Tim was one of the initial TEDx speakers in Toronto and focuses on perfecting clients presenting, speaking and interviewing skills.



Ula is an instructor with over 8 years of experience teaching English, and Dramatic Arts and Speech. In addition, Ula is an actress who has performed in film, television and on stage. She has worked with Soulpepper and Tarragon theatre companies in Toronto, and the prestigious Song of the Goat theatre in Wroclaw Poland. She is fluent in Polish and has a specialist in theatre from the University of Toronto. Ula uses her acting background to further enrich her client's learning experience.

