

WORLD CLASS INDIFFERENCE  
 "Using Improvisation to Train:  
 Adding Improvisational Techniques to Your Toolkit"  
 ASTD Southern Connecticut Chapter  
 June 12, 2006

**A Bit About Improv**

Improv techniques can be applied to many different business settings, from employee training to team building to creative problem solving. Unlike most forms of training, improv is spontaneous; it requires that you "make it up as you go along." This spontaneity can be challenging, but the rewards are worth it. You'll become more creative and confident so that your full potential can be released.

Try out some of these exercises with your company, clients, and classes -- feel free to play, take risks, be real and have fun. Most importantly, TRUST YOURSELF and you'll soon become a more creative, spontaneous and engaging learning and development professional!

<b>Improv Exercise</b>	<b>Description</b>	<b>Skills/Applications</b>
<b>Lines From A Hat</b>	Prior to the exercise, have audience members write down a line on a piece of paper and put them in a hat. Then two people start a scene based on a suggested relationship from the audience. Periodically, these two people draw lines from the hat and incorporate the lines into the scene.	1. Thinking on your feet 2. Listening 3. Taking risks 4. Brainstorming 5. _____
<b>Listening Circles</b>	Participants form a circle and: 1. say any word associated with the previous word 2. create a story by having each person say a word 3. other ideas --- pass a movement, sound, and/or gibberish	1. Listening 2. Team/Trust building 3. Creative problem solving 4. Concentration 5. _____
<b>Half Life</b>	Two people perform a scene in 64 seconds, based on a suggested location from the audience. Then they do the same scene in 32, 16, and 8 seconds. Advanced level: try the scene in 4 seconds!	1. Communicating succinctly 2. Focusing on the important elements 3. Executive briefing 4. _____
<b>Speed Alphabet</b>	Two people create a scene, based on a suggested activity from the audience. They alternate lines, with each line	1. Thinking fast 2. Listening 3. Responding effectively to

	starting with successive letters of the alphabet - all within 2 minutes.	rapid change 4. _____
<b>Freeze Tag</b>	Two people create a scene, using as much movement as possible, based on a suggested activity from the audience. The director yells "freeze" and the next person taps someone on the shoulder and replaces them in the scene. The newcomer assumes their same body position and begins a totally new scene.	1. Dealing with the unexpected 2. Using creativity to take an idea in a completely new direction 3. Team/Trust building 4. _____
<b>Emotions Swap</b>	The audience provides several emotions and a relationship for the two people on stage. The director periodically shouts out emotions for each person - who then must demonstrate that emotion in the context of the scene, trying to show the emotion rather than just saying it in words.	1. Being aware of our own non-verbal communication 2. Showing rather than telling 3. Responding effectively to rapid change 4. _____

### About Us

World Class Indifference is an improvisational comedy team, specializing in improv comedy for public performances and interactive workshops. The team includes public speaking experts, stand-up comedians, entrepreneurs and an inventor. They bring experience from a variety of business backgrounds, including sales and communications training, marketing, engineering, and counseling. Members of the team have facilitated workshops at corporations such as GE, Xerox, Ernst & Young, IBM and Forbes. They have also performed on New York City comedy stages such as Gotham City Improv, Caroline's and the Duplex, and theaters throughout the region.

Feel free to contact us with your success stories - we would love to hear how you use these exercises with your own customers and clients. To learn more about our group members, show schedules and free improv class dates, visit our website at [www.worldclassindifference.com](http://www.worldclassindifference.com).