

# Seven ways improv can reignite the spark in your team



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Us grown-ups have lost something along the way of climbing the ladder that is life. Adulthood has gotten in the way. We've forgotten how to play, take risks and connect in ways that don't require a screen.

We've muted our confidence. Our ability to let go and have fun. We are suddenly so serious **ALL. THE. TIME.**

**It's our mojo. It's been extinguished. And we want it back.**

*Improv is the answer.*

Now before you roll your eyes, curl up into the foetal position or shut down your laptop, hear me out.

These are the seven reasons why you and your team should give improv a go.

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## **Improv boosts your confidence.**



Improv is a safe and fun way to boost your confidence. You learn how to express yourself in shiny and inventive ways. You realise that you've always had it in you. You can't predict what will happen next so you can't ruminate, procrastinate, or get bogged down in details. It's a quick-fire environment where you learn how to trust your intuition and go with your gut. Trust me, that buzz – there's nothing else like it.

## **Improv lets you explore and build on new ideas.**



We've all been in those meetings where original, out-the-box ideas are shut down quicker than you can say, "improv is awesome". But when opinions are shut down, so too are our people. They learn that their ideas won't be listened to, so they stop contributing. You find that the same – loud and extroverted – people speak up at meetings and the same – introverted but thoughtful – people stay schtum. But this is no environment for innovation or inspiration. It's a great loss, you've got yourself a stale and toxic culture, and before you know it your best people have resigned.

Improv has a principle called "yes, and" which teaches us how to accept offers and build on them. You can better innovate and adapt if you create an environment where all your staff feel free to brainstorm, knowing that their ideas have support to bloom.

Improv can contribute to a much healthier, more positive culture where you get to retain and develop your top people. A place where introverts, extroverts, and everyone in between, thrive.



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## **Improv teaches you to think on your feet.**

You know that feeling when you're in the middle of a tricky situation or conversation, but you clam up because you don't know what to say? You get home and suddenly the right words come flooding in, but it's already too late, right? Improv teaches you to think on your feet, so you feel more confident to respond in a way that's confident, assertive, and clear.

I don't want to typecast, but millennials don't like being on the phone that much because they don't know who's calling or which way the conversation is heading. I'm not making this up – here's a Forbes piece about why they hate this.

But life demands an instant, verbal response sometimes. Clients from different backgrounds and generations like to communicate in different ways, for example if they have a complaint, they'd rather speak in person than via email. Networking meetings and sales pitches require you to think on the fly. Doing improv can help give all your team the skills they need to be resilient and confident enough to think on their feet.

***Your team doesn't need to be client-facing or sales-focused to benefit from improv. Everybody from any department can benefit from the skill of thinking on their feet.***



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## **Improv is a great leveller and a fun team-building activity.**

Working in silos is inefficient and ineffective. The best teams work across departments and levels. Improv is a great leveller and can smash cliques – bringing your CEOs and customer service peeps together to explore different activities, scenarios, and perspectives.

Improv is a way of working together towards a shared goal and seeing other sides to our colleagues. You'll fast learn that Maria from accounts actually has a wicked sense of humour.

Now's the perfect time to break down barriers and shake up stereotypes for a more united front.



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## **Improv fosters empathy and compassion through active listening and trying on different hats.**

Improv is a fun way to role play and put yourself in another person's shoes. Your team will gain new insights about their colleagues and a fresh appreciation of each other's roles and personalities.

It does this by teaching us how to be active and responsive listeners. Instead of interrupting or trying to devise a response, we are forced to stop and be in the moment. This means we really listen to each other's offers and respond in a genuine and natural way.

Improv is a non-threatening way of getting your team out of their fixed roles and unhelpful habits. It's a brilliant way of helping them come unstuck from a fixed mindset, making it an incredibly eye-opening and freeing experience.



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## **Improv lets you take risks and "fail" without danger or consequences.**

No matter how much they care and how great they are at their job, it's inevitable that your team is going to make mistakes and fall short from time to time. We're not robots. Improv lets you be a beginner, try out new ways of doing and being, and take risks without fear of repercussions.

Any team that wants to be effective, creative, and bold needs to know that they can take risks and see mistakes as opportunities to learn and grow. Improv fosters an attitude of: "let's give this a go and see what happens." Sparks fly when we rub shoulders with boundaries and go off script.



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## **Improv isn't therapy – but it can have similar benefits to your wellbeing**

There's no denying that there's a space for therapy and counselling. But improv is very much about living in the moment and accessing different thoughts and emotions in a fun and gentle way.

What happens in improv stays in improv. I lay down firm boundaries about what I expect during the session – no judging, no cliques, and no talking about the issues outside the session.

Improv reduces anxiety, stress and overwhelm, while helping us feel happy and confident.

Improv helps us feel seen, heard, and validated. It helps release us from inhibitions so we can find the fun again, look for solutions, and create connections. Connections with ideas, each other, and the spontaneous, joyful parts of ourselves that we can bury when we're adulting.

And here's the thing: you can notice the benefits from just one session.

But I bet you'll be hooked and want to come back for more.

**Ready to help your team find their mojo again?**

**Book a FREE Discovery Call with me at [bit.ly/FM-chat](https://bit.ly/FM-chat) and let's discuss how Flaming Mojo can reignite your team's confidence.**

***I promise it'll be the best thing you do to support yourself and your team today.***



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