

Welcome to New Tech Improv!





# Improv Mindset

June 15, 2016



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**Artistic Director:**

Jet City Improv

**Actor:**

TV, Stage, Film

**Instructor:**

Arts Orgs,  
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**Business Owner:**

Front Row  
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**[www.JetCityImprov.org](http://www.JetCityImprov.org)**

# Actor



What is an actor?  
What do they do?  
What are the  
qualities that are  
important for an  
actor?

# Leader



What are the qualities that are important for a Leader?

A light blue world map is visible in the background of the slide, showing the continents and oceans.

# Actor - Leader

Correlations?

Communications / Listening

Creativity – imagination

Problem solving – tactics, goals, objectives

Story telling

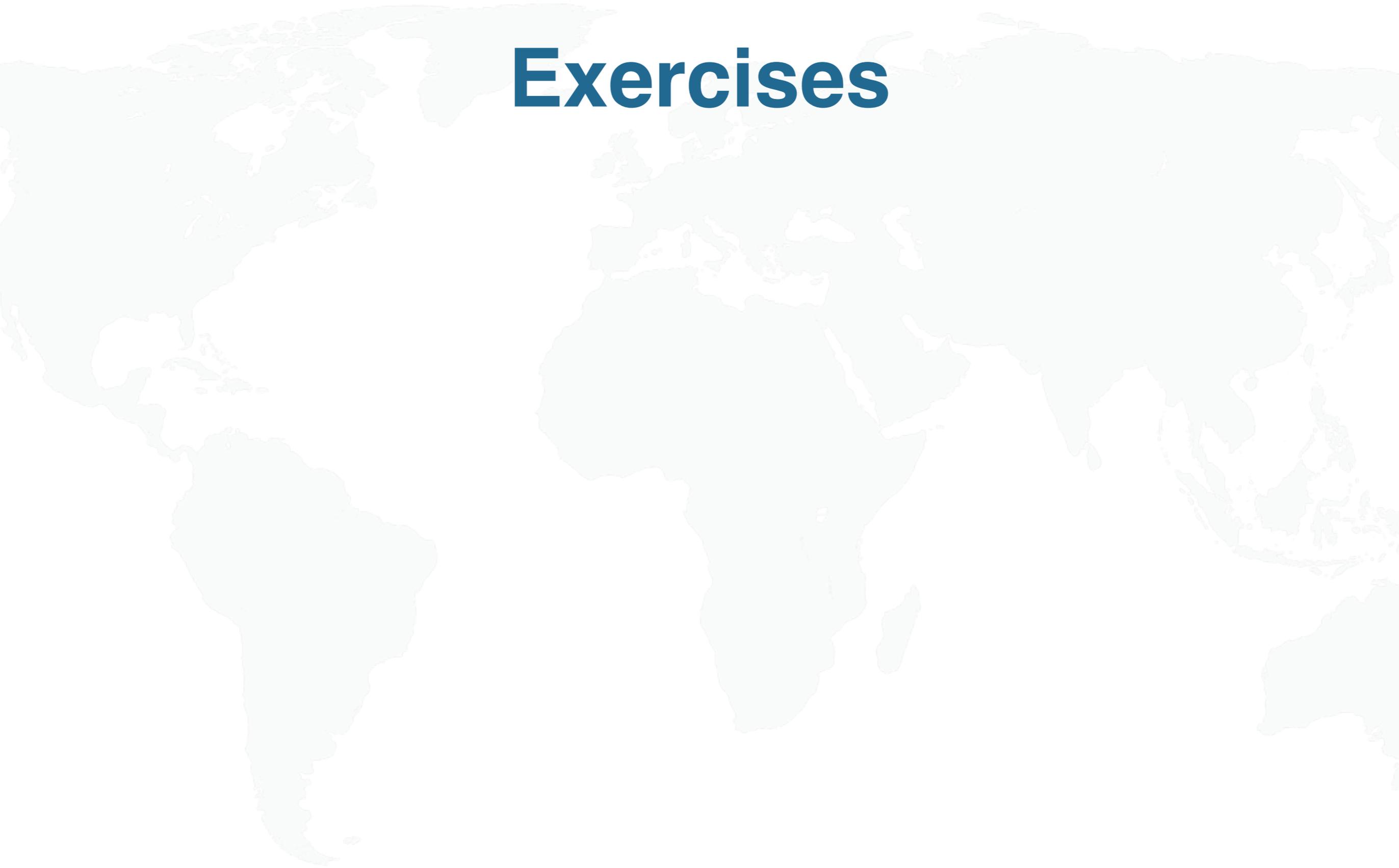
Public speaking

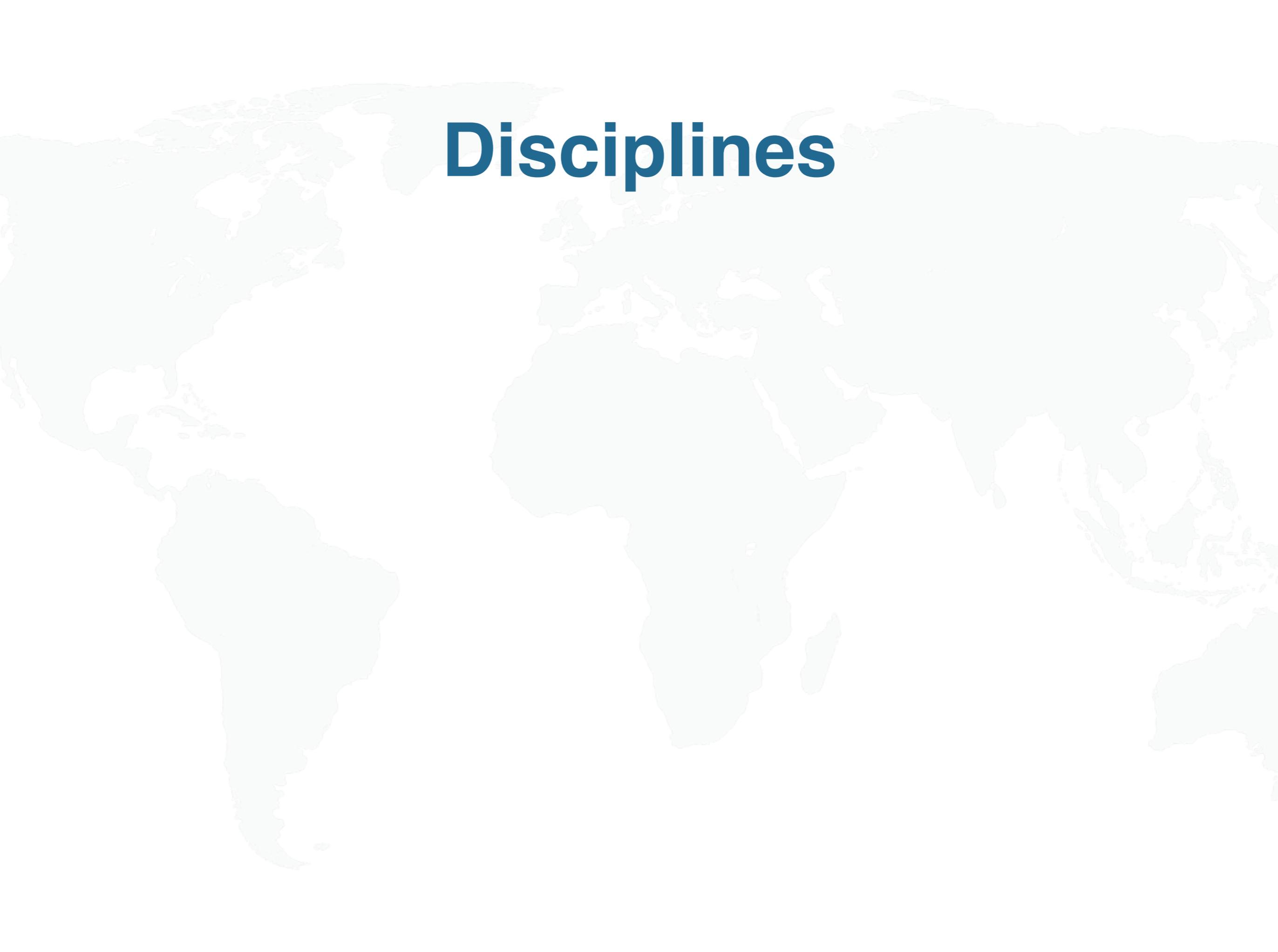
# Today's Session

**Exercises to understand the lessons and tools of Improv and their integration into the work environment - today's focus is LISTENING.**

- Listening exercises - and methods of listening,
- Being present in the room,
- Understanding the visual aspects of listening,
- Listening as a group dynamic.

# Exercises





# Disciplines

# Listening

## Simple Listening

- Partners
- Tell a story - listen to the story



# Listening



## Rant and Define

- Partners
- Can you hear what your students are saying?
- Let them know you hear them.
- Help them to define what they are upset about.
- Don't fix the problem - **just listen**. Its not about *fixing*, its about being attentive to needs.

# Three Methods of Listening

1. **Sounding board** - For the times when people just need to vent. There is no expected actions to be taken or desired outcome. They just needed to say this out loud to another person, and you are a sounding board.
2. **Solver** - You are listening see a solution, or to help solve the problem. An expectation of some advice / solution is expected.
3. **Sympathizer** - You are listening as a friend, to share in the emotional experience of the story. The expectation desired is an emotional commitment to the story tellers point of view.

## MANAGING ORGANIZATIONAL CHANGE

**Vision + Skills + Incentives + Resources + Action Plan = Change**

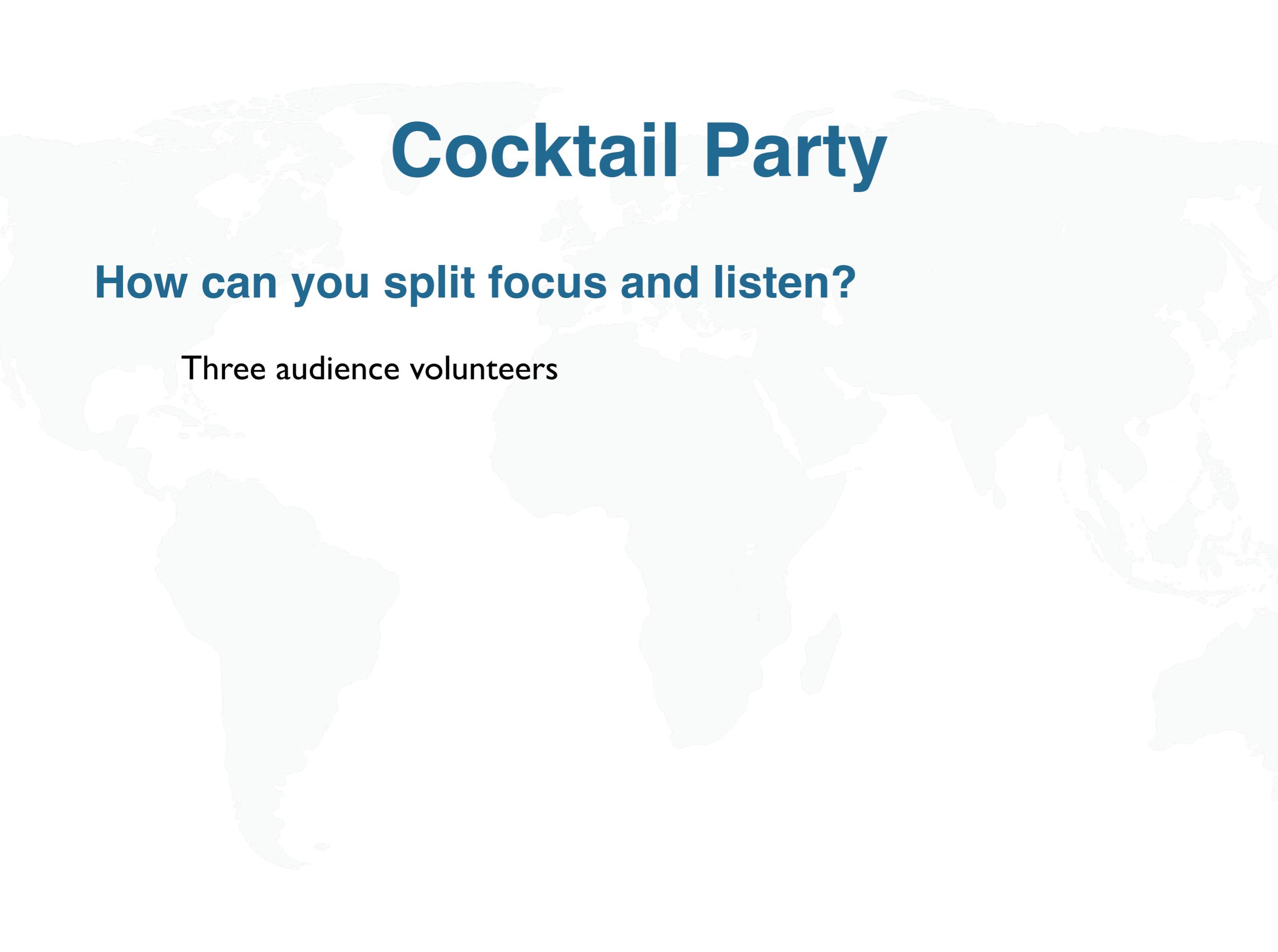
**+ Skills + Incentives + Resources + Action Plan = Confusion**

**Vision +  + Incentives + Resources + Action Plan = Anxiety**

**Vision + Skills +  + Resources + Action Plan = Resistance**

**Vision + Skills + Incentives +  + Action Plan = Frustration**

**Vision + Skills + Incentives + Resources +  = Treadmill**



# Cocktail Party

**How can you split focus and listen?**

Three audience volunteers

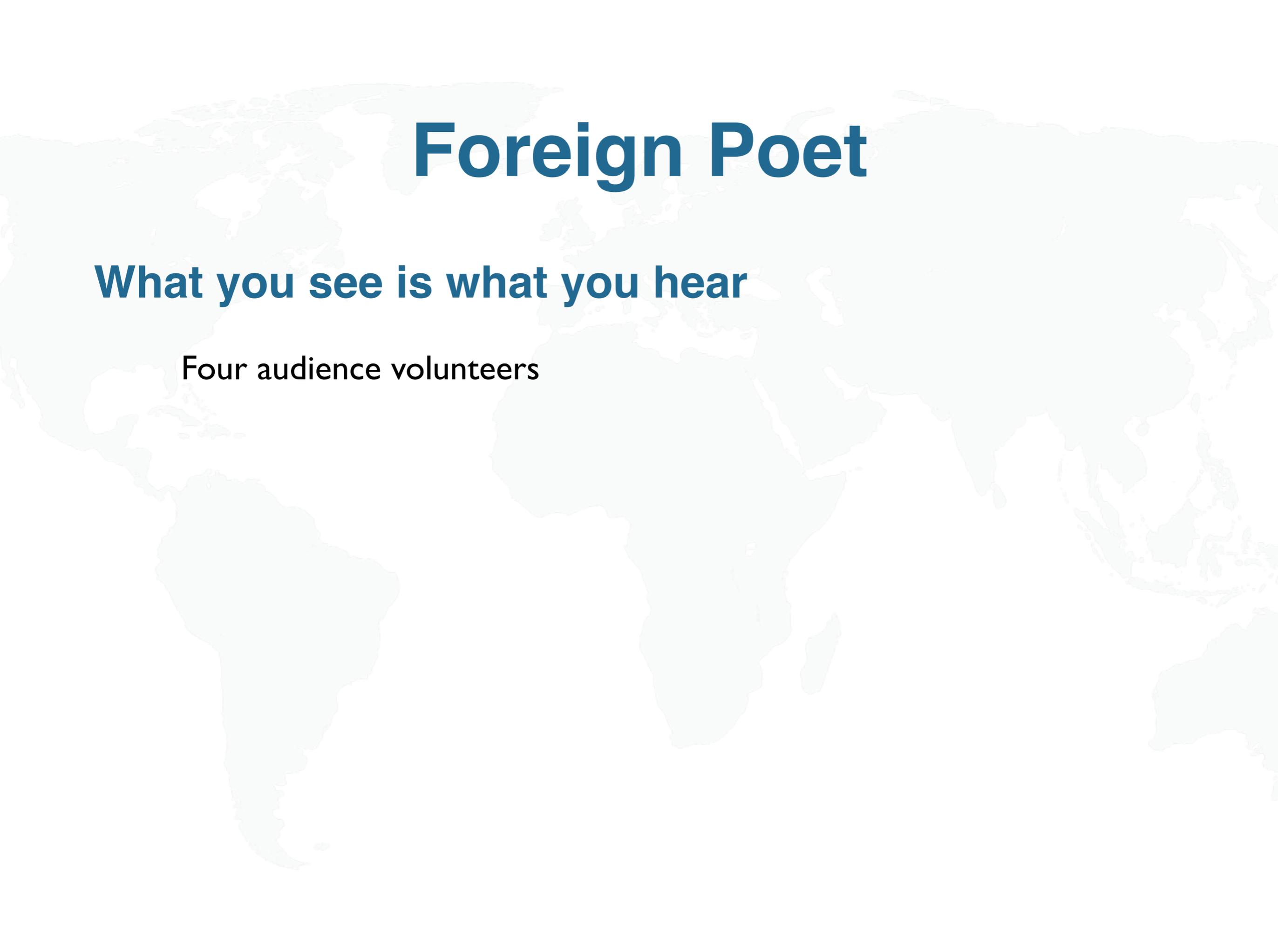
A light blue world map is visible in the background of the slide, centered behind the text.

# Awareness

## What you see is what you hear

Face your partner:

1. Take enough time to see them, and be aware of how they look
2. Turn your back to the partner - change one thing
3. Turn around - what can you see different?



# Foreign Poet

**What you see is what you hear**

Four audience volunteers



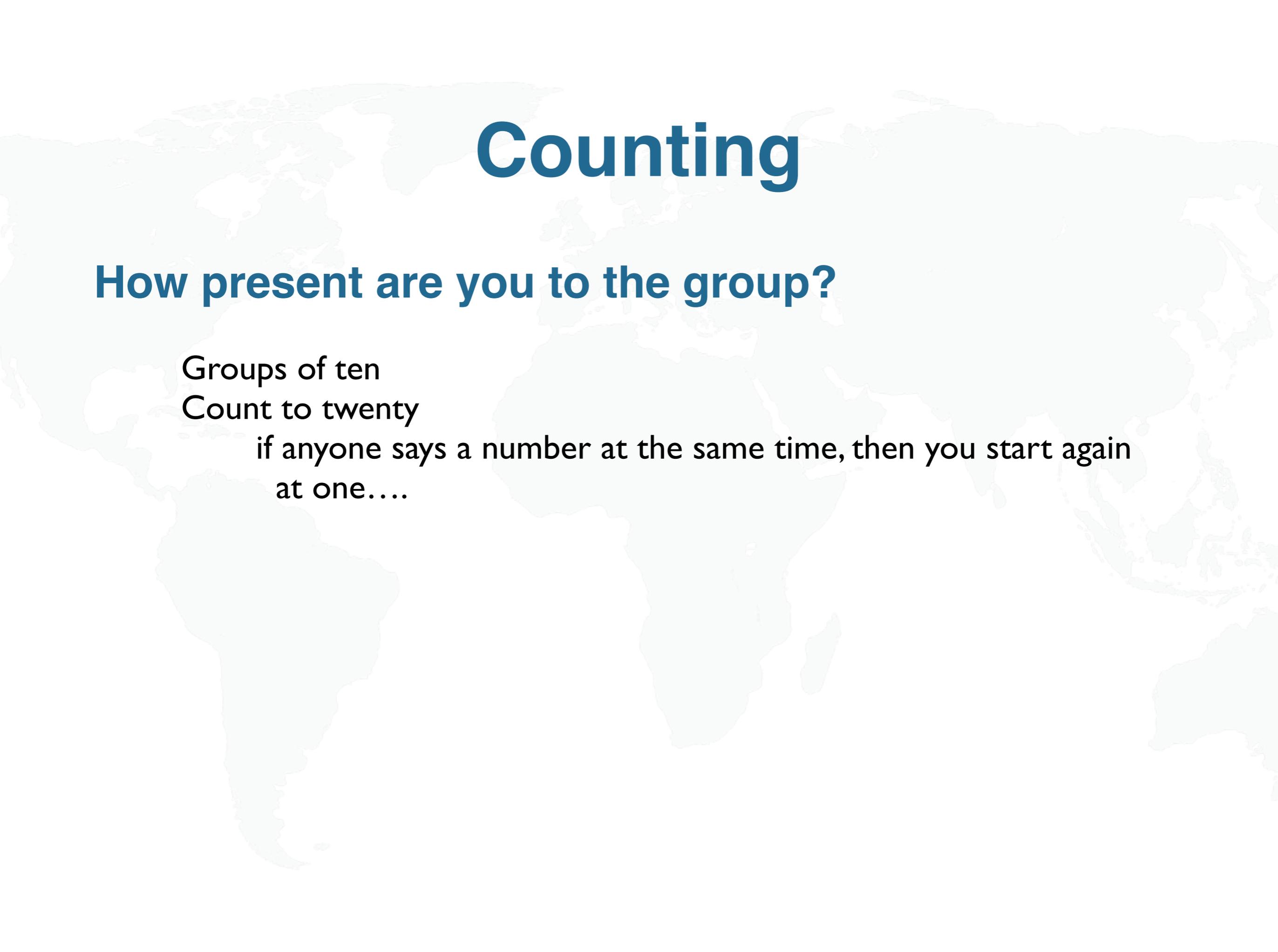
# Foreign Poet

## What you see is what you hear

How much of what you hear is visual?

What are the emotional pieces that affect your understanding of what you hear?

What are the physical traits that can affect your understanding?

A light blue world map is visible in the background of the slide, showing the continents of North America, South America, Europe, Africa, Asia, and Australia.

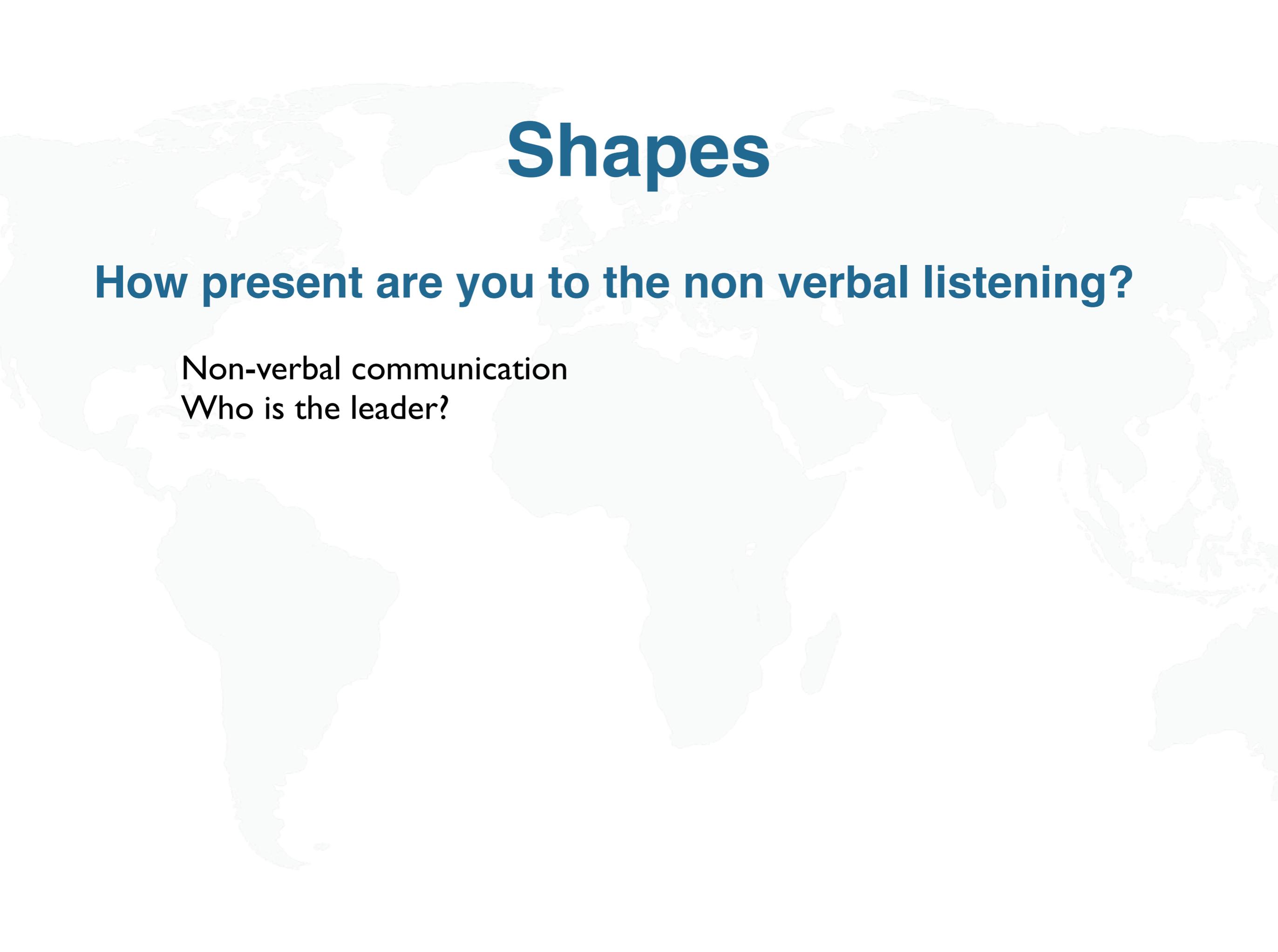
# Counting

**How present are you to the group?**

Groups of ten

Count to twenty

if anyone says a number at the same time, then you start again  
at one....



# Shapes

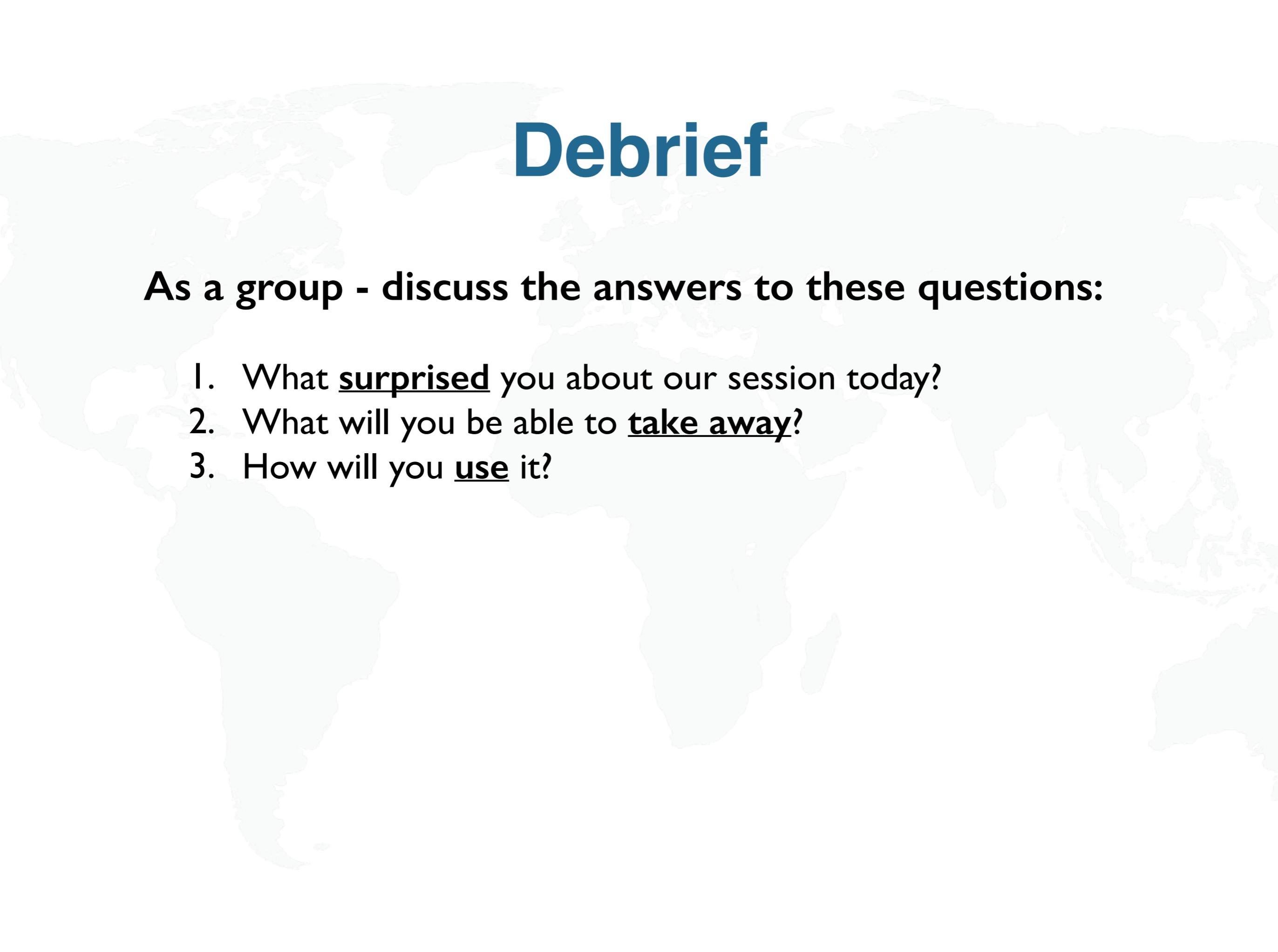
**How present are you to the non verbal listening?**

Non-verbal communication  
Who is the leader?

# Recap

**Exercises to understand the lessons and tools of Improv and their integration into the work environment**

- Listening exercises - and methods of listening,
- Being present in the room,
- Understanding the visual aspects of listening,
- Listening as a group dynamic.



# Debrief

**As a group - discuss the answers to these questions:**

1. What surprised you about our session today?
2. What will you be able to take away?
3. How will you use it?

# The Challenge...

**Be present to how you listen  
and when you are fully  
present, and when you are  
not.**





For being willing to **play** and  
have some **fun** with me  
today.

**Thank you.**

*Exercises, notes and presentation available at:*  
[www.ImprovMindset.com/newtech](http://www.ImprovMindset.com/newtech)

Next New Tech Improv is on July 20th



Join us for New Tech Improv on the 3rd Tuesday of every month!  
Mark your calendar now.



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