

Welcome to New Tech Improv!





# Improv Mindset

July 20, 2016



Andrew McMasters

**Artistic Director:**

Jet City Improv

**Actor:**

TV, Stage, Film

**Instructor:**

Arts Orgs,  
Colleges

**Business Owner:**

Front Row  
Properties, Jet City  
Improv

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



## **Productions:**

5-6 performances a week

## **Education:**

Adult, College, High School

## **Outreach:**

Free Weekly classes -  
Incarcerated youth, homeless  
youth, drug rehab programs.  
Free Children's camps  
performances all summer.

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

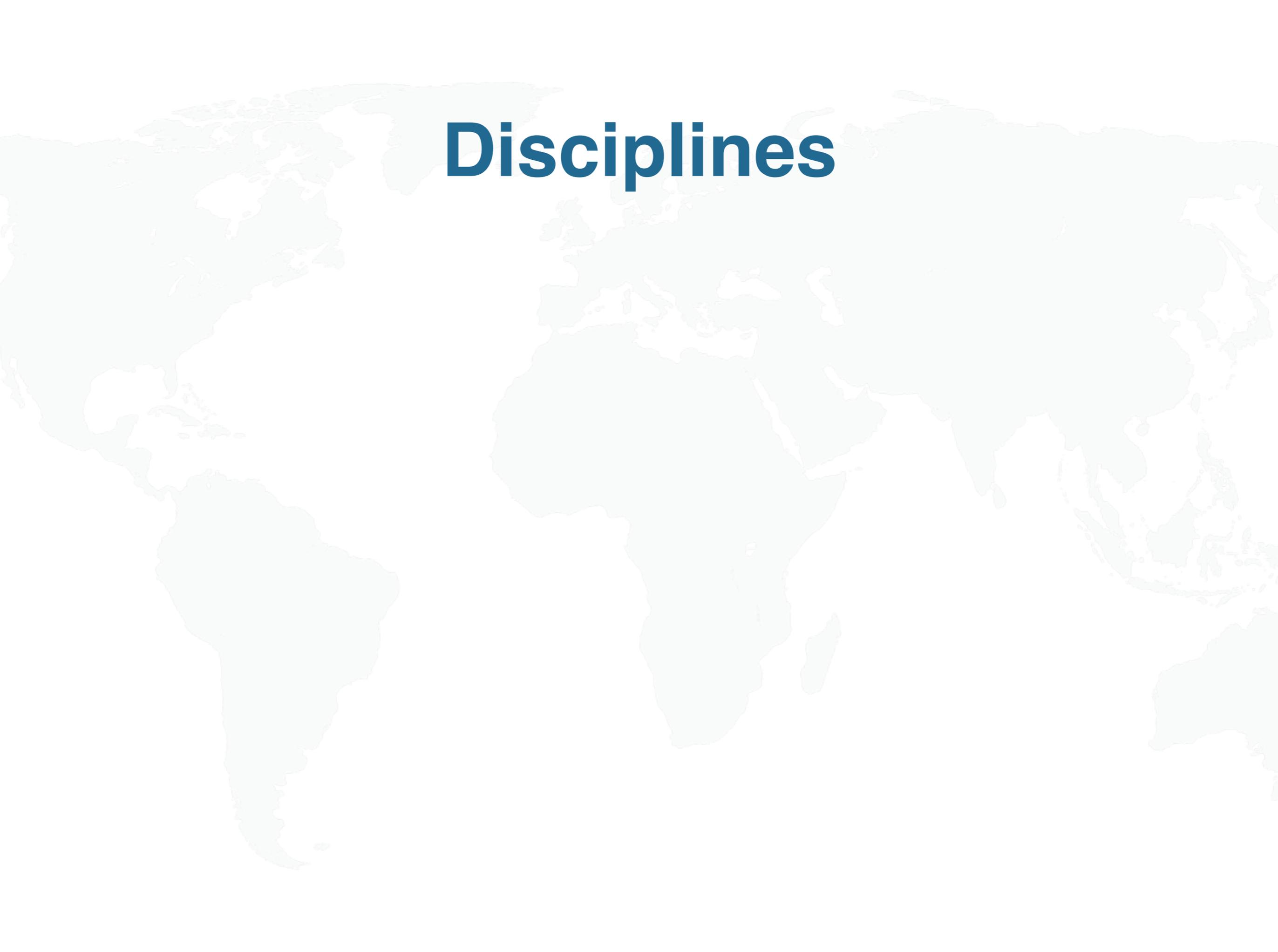
# Today's Session

**Exercises to understand the lessons and tools of Improv and their integration into the work environment - today's focus is **ACCEPTING** and **BUILDING** (Yes, and...)**

- Practice intentional listening and being in the moment,
- A tool for turning blocks into offers,
- Cover the concept and uses of 'Yes, and' in the workplace,
- Practice tools for management of self and others in regards to 'yes, and'.

# Exercises





# Disciplines



# WordBall

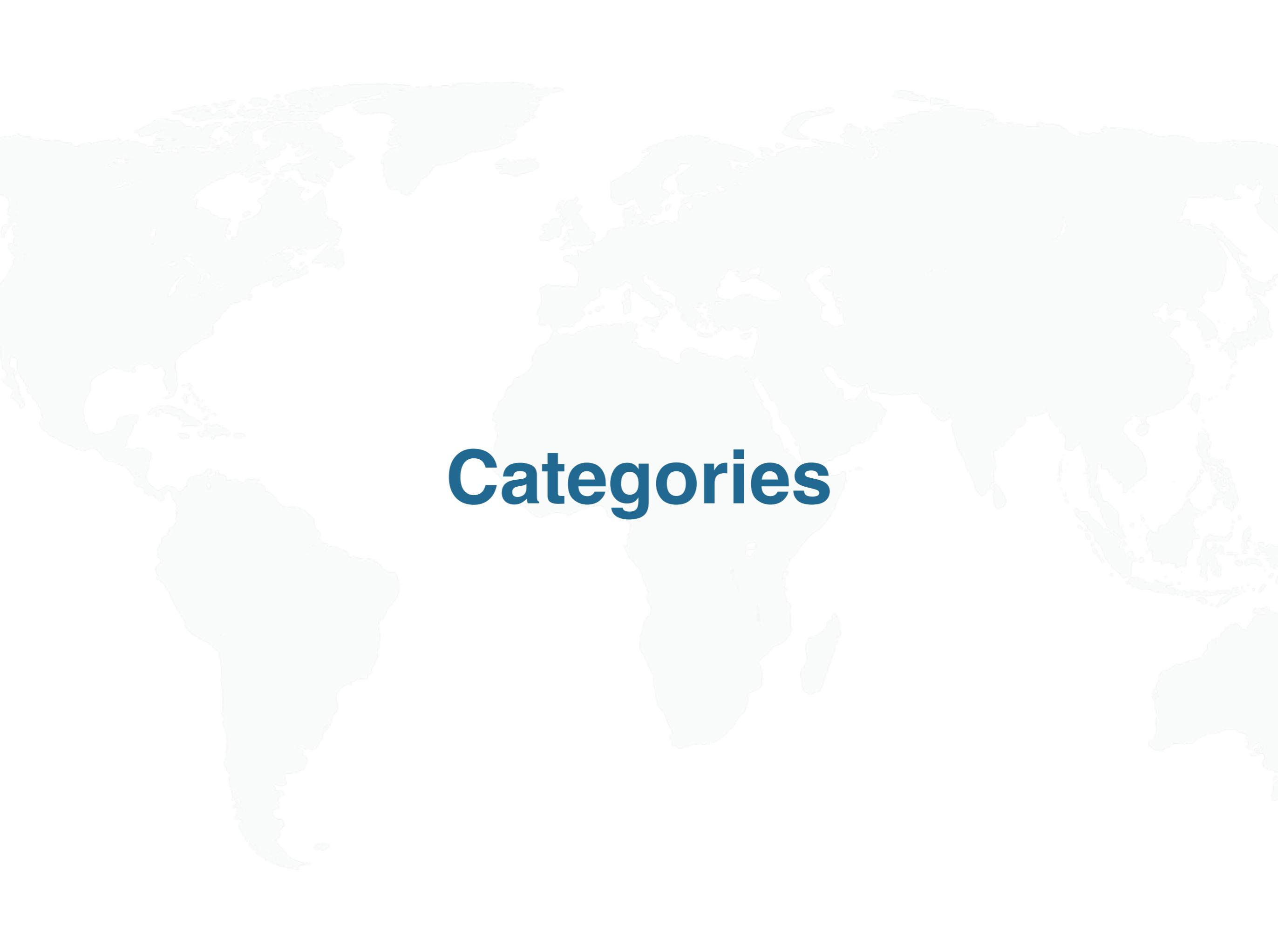


**Did you find yourself responding the word given?**

**Are you responding in the moment?**

**Are you bringing a personal connection?**

**WordBall**



# Categories



**Why happens when you relax the rules?**

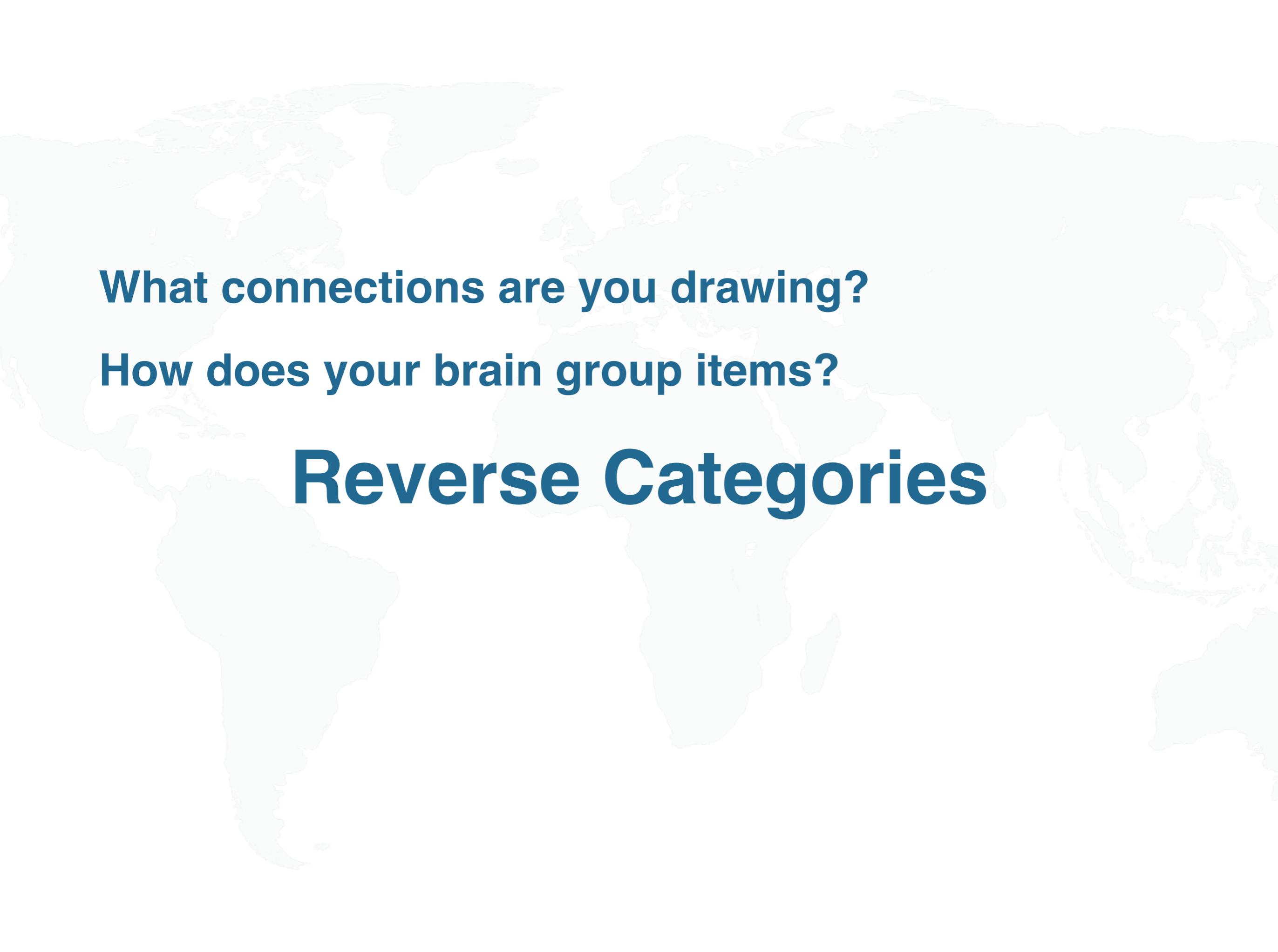
**How often do you hold yourself back by defining the category?**

**When do you block the new idea?**

# **Categories**



# **Reverse Categories**



**What connections are you drawing?**

**How does your brain group items?**

# **Reverse Categories**

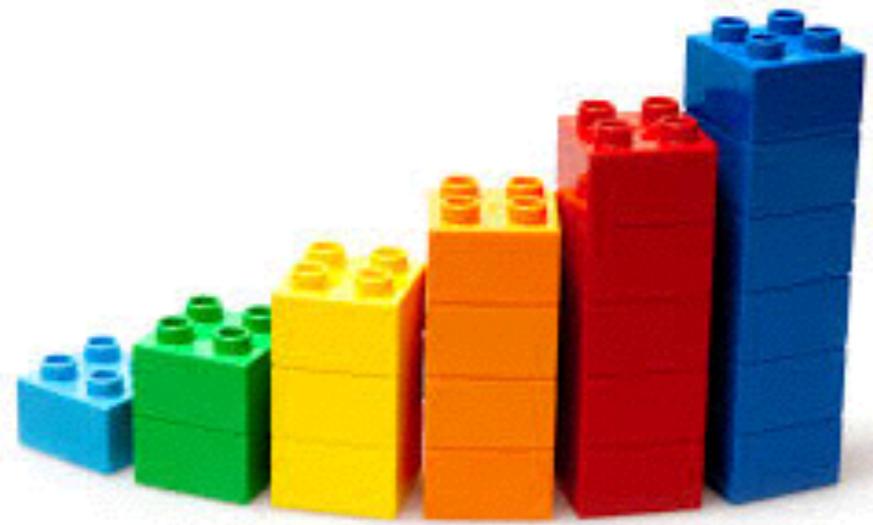
# Accepting and Building on offers

**yes,**  
and...

A practice for listening, accepting, building and being attentive.

# Yes, and

## The Building Blocks of Improv



**'No'**

**'Yes, but'**

**'Yes, and' story**

**'Yes, and' party planning**

# Yes, and

## Why do this?

To get the feeling of what it is like when we are negated

This is how a student feels when someone blocks their offer

## What does it Cause?

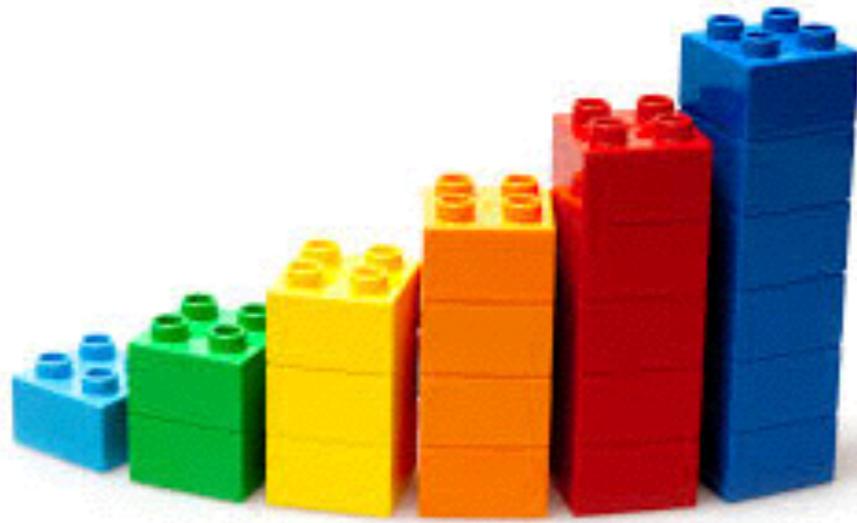
Lack of trust

Loss of connection

‘Why bother when it’s all negated?’

## When you ‘yes, and’ is it easy?

NO – it take practice



# Tools

**Identify the person you know that is your ‘yes, but’ person.**

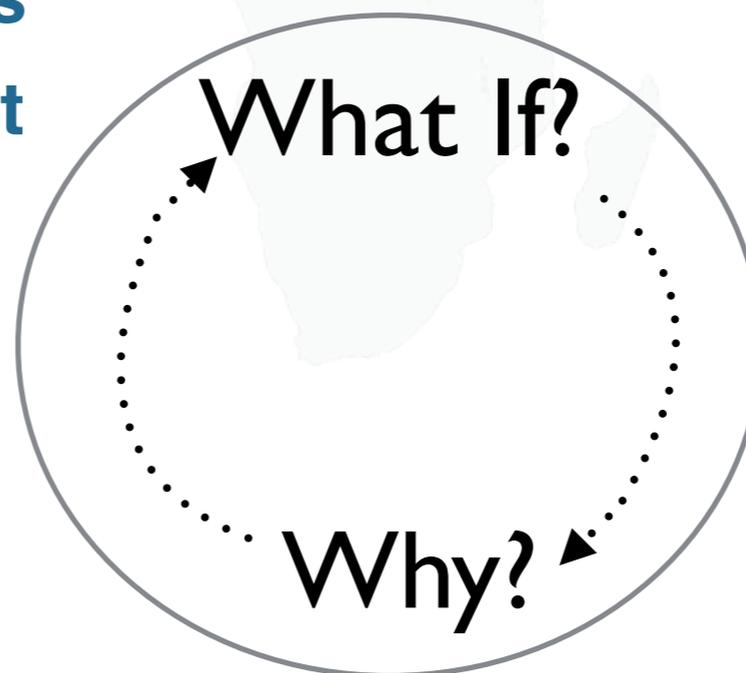
**How do you take that person and help them accept and build?**

**1. What if that were not true? Then what would happen?**

*Move from the realm of impossible to problem solving*

**2. Toyota five ‘Whys’**

**3. Rinse and Repeat**



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

# Tools

**If you self identify as a person that is a ‘yes, but’ person.**

**How do you make an active change?**

- 1. When you find yourself feeling as if you are blocking offers, try reframing with *“Here’s what I like about that....”***

# Dr. Know-It-All



## *Why do this?*

To feel that moment where you are in your own story, and you have to hear new info and accept and build on it.

Fight or flight -

## **What do you do?**

Accept and Build.

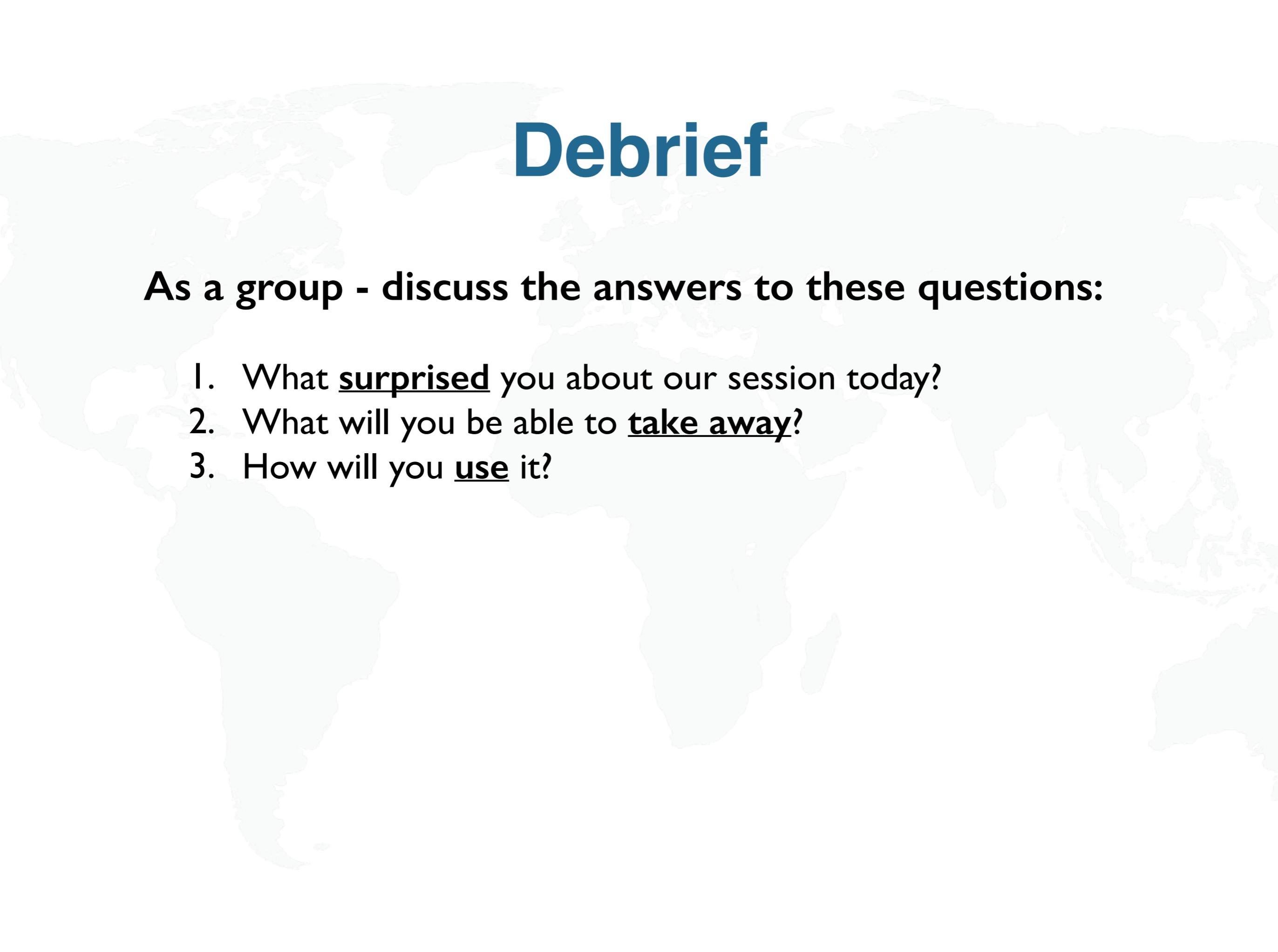
Move forward, make a choice.

Learn.

# Recap

**Exercises to understand the lessons and tools of Improv and their integration into the work environment - today's focus was **ACCEPTING** and **BUILDING** (Yes, and...)**

- Practiced intentional listening and being in the moment,
- Introduced a tool for turning blocks into offers,
- Covered the concept and uses of 'Yes, and' in the workplace,
- Practiced tools for management of self and others in regards to 'yes, and'.



# 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...

Try *'Yes, and'* for an entire day

See where it takes you

Be aware of the offers you block





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 August 17th



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



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