Improv for Professional and Personal Growth

With Clint Ereksen
Introduction
Clint Ereksen

- Performing Improv for 23 years
- Teaching Improv for 10 years
- Curriculum Management Coordinator with Professional Education
- Husband and Father
- Lego enthusiast
What Do You Know About Improv?
Improv Definition

• Performance art
• Plot, characters and dialogue are made up on the spot
• Often improvisers will take a draw on a number of sources for inspiration to get started
• Improv is spontaneous, entertaining, and fun!
What Do You Hope to Take Away?
Expectations

- Improv is interactive and performance based.
- Willing to be up in front of the people.
- Collaborative and requires an ensemble.
- You’re never alone.
Rules of Improv

1. Yes, and...!
2. Commit Fully
3. Leave your ego at the door
4. Make your partner look good
5. Honesty vs Funny
6. Who, what, where
7. Have fun
Warm Ups

- Everyone in small groups
  - Scream (but not really since we’re in a library)

- Brave volunteers (at least 6)
  - Thunderdome
Rules of Improv

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Activities

• Yes, And…/Make Your Partner Look Good
  • 3 Lines Only
  • 7 Things
• Commit Fully/Leave Your Ego at the Door/Honesty vs Funny
  • What’s in a Name?
How Could the Concepts Learned Apply to Your Personal or Professional Life?
Life Lesson

- Accepting other people’s ideas
- Everyone brings something unique to the table
- Vulnerability makes you strong, not weak
- Get out of your head and live in this very moment
- Be kind, even to those you cannot stand
- Ultimately, all that any of us want is to connect with other
- Every person you meet has something to teach you
- It’s okay that others will be better than you at certain things; you will also be better than them at certain things
Life Lesson

• The majority of people are rooting for you, not against you
• Everyone else’s opinions and experiences are equally as important as yours
• Don’t be an ass; no one wants to spend time with an ass
• Maintain a culture of acceptance with the company you keep
• Criticizing other people’s ideas only makes you a tiresome presence to be around
• Every mistake is a gift
• Lean on people you trust; they will always take care of you
“THE RULES OF IMPROVISATION APPLY BEAUTIFULLY TO LIFE. NEVER SAY NO - YOU HAVE TO BE INTERESTED TO BE INTERESTING, AND YOUR JOB IS TO SUPPORT YOUR PARTNERS”

Scott Adsit
Questions?
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