

THE YES AND SERIES

Improv is based on saying “Yes” to everything and then adding your own piece. The beauty of it is that everyone gets to be right and we all get to build something together. It is the world’s best and most supportive brainstorming session and these workshops can help transform this session into a lasting corporate culture and better client relationships. All workshops introduce new skills, provide tangible tools, and flex the muscle of laughter that we all need.

YES AND...LISTENING

This workshop is designed to loosen people up and help them become better active listeners. Hearing and Listening are two very different skillsets and people will rediscover these skills and notice the little details in conversations that make for more connections and lasting client relationships.

YES AND...BEING PRESENT

This workshop gets people out of their heads and helps them to focus on the here and now. It strengthens the muscles of making the people you’re with feel valued and seen because you’re actually present and able to appreciate where you are and who you are with.

YES AND...EMOTIONAL INTELLIGENCE

This workshop strengthens the muscle of understanding what it is like to be in another’s shoes and how to connect with anyone. Through some mirroring exercises, you’ll be more able to empathize with co-workers and clients, meeting them where they are, so we can go forward as a team.
