

Creative Smaaash:
Executive Improv Training Workbook AKA

“The Bridge”

We are focused on connecting.

Creatively connecting with others in the class. Connecting with your unlimited imagination. Connecting with your story. Connecting with your joy. Connecting with your courage in getting here and trying something new. Connecting with the various games we play, the simple or confusing rules and with the setups. Connecting with the thrill of a fantastic scene or the challenge of doing it once again. Connecting with your audience of peers.

YES AND - I really want these connections to hold. To stick with you. I want you to take each connection and bring them with you to your work life. BUT *I really need your help here.*

Our mission at Creative Smaaash is to build a bridge between creative imagination and real-life sustainable earnings. I know there will be new creative doors that will open for you along your journey here and I know this workbook can help you prepare for them, if not help bridge them together. I believe the more creative you are the happier you become and the happier you become the more you can earn. I think this workbook can be seen as a bridge between the creative, right side of the mind and the more structured, left side of the mind.

Over the years I have seen the many ways the work transforms business, I have seen the poof! I want to deepen it this year.

I hope this workbook aids you in understanding each and every tenet, or commandment of improv, and how each one can really impact your business life. Creating this workbook has really aided me in finding the words to help bridge this gap.

We will go through the modules in class, you can also go through them at home. Take as long as you like. This is optional, however, after you complete all the modules, completed the questions, shared about them in class I will present you with a fancy certificate of completion.

You can do this!



Connecting with The Commandments

Module 1: Trust

Trust. In improv, we are encouraged to build trust amongst the group.

Here is how the Commandment reads:

COMMANDMENT ONE: **TRUST**

Let's get started with our first commandment, trust. A painter trusts his tools to execute his vision. An actor has to trust that his tools, which are the other actors on stage, will adhere to the fundamentals and basics of improvisation. The difference here is that a painter has control over his paintbrush, whereas an actor has no control over his fellow actors. This is why trust is essential in improv. An actor has to be able to trust the other actors on stage.

In our improv sessions, we learn to trust our fellow players when they accept our ideas no matter how outlandish or simple they are. This form of transparency or creative acceptance often forms a trustworthy bond that can lead to a rich, supportive platform on stage. This, in turn, can add tremendous value to the overall class experience. In fact, it is wonderful when this takes root, so much creative clarity can be mined in each and every class.

How you can earn trust; Actively listening to the other players, accepting their improv work as truth, avoiding asking a lot of questions, adding substance to the scenes by really valuing what you hear, bearing improv gifts to the stage, adding to the scene, avoid dominating or being clever.

You can lose trust really fast in improv. You can steal a scene away from another by taking away too much attention or bringing undue attention to yourself in a way that may make the other player feel left out, or bulldozed. You can deny another player's truth in improv. For example, say a player creates a location or an object and you call it something different just to get a cheap laugh. *Not Good.* Now sometimes you may find you have to save a scene if the other player is asking too many questions or doesn't bring a lot of substance to the scene by making rich statements. That's great.

Trust takes time to earn up. We invest a bit more in the trust each week. We can't expect it to be there right away. In time we come to learn the strengths and weaknesses of each player, setting them up for improv success each and every time. Confidence takes root. ***Improv magic happens!***

Bridge it: Creative = Business

Often in our business lives, we often are trained to be suspicious of others, their motives, their offers, and this can lead to a feeling of isolation. We want to build trust, both in class and in our business. We want to trust that our clients will pay us what we are worth and they want to trust our expertise, our quality of work.

- Are there any ways in your business life you can improve your brand's "trustworthiness"?
- Have there been times you have promised you would do something and for any reason did not deliver?
- How do you EARN trust with your clients and/ or your team?
- Have there been experiences in your business life where you have lost trust in a client? What happened?
- How has this changed the way you perceive them?
- Do you "vet" your clients? How do you discern if doing business with someone is the right decision?

- Are there creative, maybe even fun ways you can create more trust in your business life, your offerings?
- What about your team... How are you building trust with your team?
- How can you bolster the feeling of trust?
- Are there any ways you feel you can become more transparent, more trustworthy?
- How are you going to build a deep sense of trust, starting tomorrow with yourself, your team, your clients and your vendors?