



A SALVAGED AFFAIR

Repurposed Responsibility and a
Celebration at Salvage One

IMPROV FOR WELLNESS WORKSHOP

ACC-Chicago

Salvage One, Chicago, IL

June 20, 2024

IMPROV FOR WELLNESS WORKSHOP

A safe space for participants to notice their thoughts, emotions, behaviors and capabilities using improv theatre games and exercises. This workshop teaches how attorneys can apply improv rules and techniques to their daily lives to improve their professional and personal wellness.

WHAT IS IMPROV?

Improv is observing your surroundings and those around you, finding ways to connect with them and responding in the moment.





IT'S NOT ABOUT BEING FUNNY

- Improv isn't about being FUNNY...it's about CONNECTION
- Improv isn't "WINGING IT"
 - It's a highly-refined system of observing, connecting and responding and...It takes practice
- The funny naturally happens

IMPROV FOCUS



THE FOCUS & TAKEAWAYS

1

Listening – with true focus, staying in the moment.

2

Accepting – ideas, circumstances and what others bring to the table.

3

Supporting – making others look good. Supporting our own ideas.

4

Taking Competent Risks – trusting and using your intuition.

5

Letting Go of Mistakes – learn and move on.

WHAT WE WILL LEARN

- Improv rules and techniques
- How to use improv rules in our daily lives for professional and personal growth and wellness
- Overlooked or discarded communication and listening skills that will consistently improve the quality of your work, home and social relationships
- Support - ourselves and others
- Making mistakes and being totally fine with that

IMPROV TO IMPROVE WELLNESS

Feeling Valued

Reacting With
Calm

Being Present
in the Moment

Reciprocal
Communication

Relieving Social
Anxiety

Reacting
Quickly to the
Unexpected

BENEFITS

- Creating safe spaces for communication
- Letting go of fear
- Finding your confidence – empowering yourself
- Gaining and keeping interest
- Engaging with others to build trust
- Staying present
- Harnessing emotions, pause and de-normalize
- Pay attention to your emotions
- Reprioritize
- Consider your alternatives
- Implement changes





WARM-UP GROUP EXERCISE

WALK/STOP

- Participants move about the room following the commands of WALK, STOP, CLAP, JUMP etc....
- Commands change quickly as you move about the room.

Improv application for wellness:

- *Getting out of our heads and out of own way and getting out of our chairs*
- *Moving our bodies to alleviate stress*
- *Moving through mistakes*

YES, CIRCLE

- Participants assemble in a circle
- The leader points at anyone and that person says “Yes”! The leader slowly walks across the circle to take the person’s place.
- As soon as the person says “yes”, they point at another person, who also says “yes”. Once the player pointed at says “Yes” the player who pointed walks to take their place this continues and speed increases.

Improv application for wellness:

- *Eye contact*
- *Seeking and granting permission*
- *Multi-tasking – does it work?*
- *Disrupters*



“YES, AND...”

WHAT IS IT?



FOUNDATION OF IMPROV



ACCEPTING AN IDEA (YES),
(AND) EXPANDING ON THAT
IDEA



“YES, ANDING” CAN ONLY
HAPPEN WHEN YOU ARE USING
PREVIOUS TOOLS

THE POWER OF "YES, AND..."

Focuses on the positive

- Encourages free sharing of ideas
- The **YES**, encourages the acceptance of the ideas of others
- Yes, removes judgement of others **AND** of ourselves
- **AND** adds new information, moving the idea forward

Improv for Wellness application:

- Ideas being listened to and accepted
 - Builds trust and makes people feel valued
- Collaboration
- Removes judgement
 - Builds confidence

“YES, BUT...YES, AND” EXERCISE

- 4- Volunteers
- Group makes a truly audacious idea for the group
- Each volunteer responds with “Yes, But...”
- Make the same statement
- Each volunteer responds with “Yes, And...”

Improv application for wellness:

- What are the differences?
- Positive vs. Negative
- Buts stop progress



DOCTOR KNOW IT ALL

- 4-Volunteers
- 4- Volunteers must answer questions from the group one-word-per-person at a time
- This process repeats over the course of 4-5 minutes with the questions increasing in difficulty

Improv application for wellness:

- Listening
- Yes, anding
- Adaptation to new information
- Letting go or adjusting an idea to achieve the goal



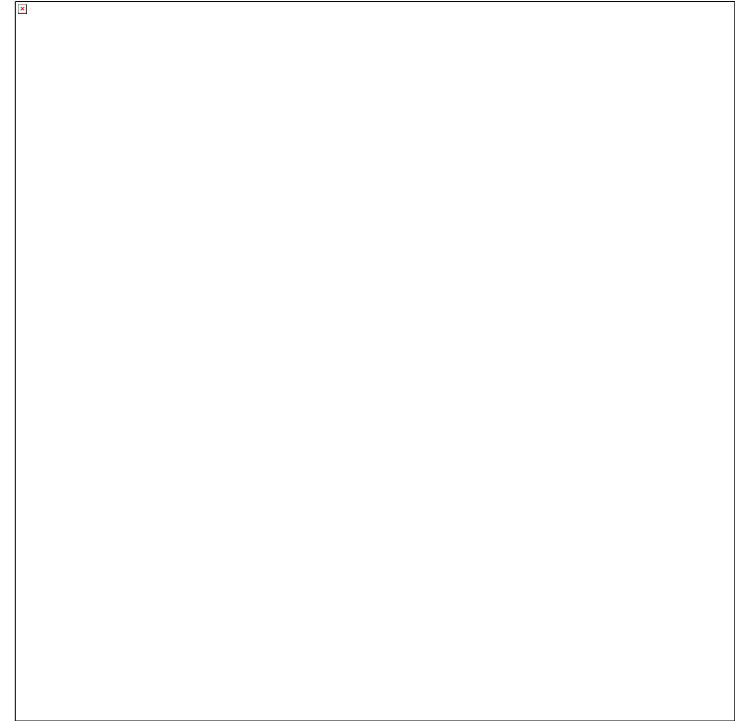
SCENE WORK

Is Teamwork

TWO-LINE SCENES

Two lines - one person from each line – one side initiates the scene with a statement. The other side responds with “Yes, and...”

Scenes go back and forth moving to an eventual conclusion through “Yes, ANDing”



Improv application for wellness:

- Yes, And... focus on the positive
- Acknowledging and accepting an idea
- Focusing on your scene partner
- Following the idea
- Supporting and not denying an idea or emotion

ESTABLISHING EMOTIONS



Each person is given a card with an Endowment of an emotion or status.

Two lines scenes will be done with these endowment without the other participants knowing what endowment it is.

Scenes go back and forth moving to an eventual conclusion through “Yes, ANDing”

The “audience” guesses the endowment

Improv application for wellness:

- Conveying emotion or status verbally and non-verbally
- Supporting and not denying and idea or emotion
- Acknowledging and reading the endowment non-verbally

ESTABLISHING EMOTIONS & STATUS

- We break into small groups and perform individually as the emotions and questions change based on suggestions
- The exercise focuses on how emotions change the tone of the questions and argument
- Participants discuss how to modify questions based on the the emotions that are perceived.

Improv application for wellness:

- *Tone, non-verbal clues, physical attributes all effecting communication*
- *How do we received/perceive and process? Do we?*
- *Thinking quickly to come up with rational alternatives*

The background is a light blue-grey color with a subtle pattern of diagonal lines. In the center, there is a white rectangular box with a thin black border. Inside this box, the text "ONE-ON-ONE COMMUNICATION" is written in a bold, black, sans-serif font. Below the box, there is a stylized illustration of a forest scene. It features two large, dark grey tree trunks. To the left of the first tree, a small figure of a person is standing with one arm raised. To the right of the second tree, another small figure of a person is standing with hands on hips. There are also some smaller, stylized plants and clouds in the background.

ONE-ON-ONE COMMUNICATION

ACTIVE LISTENING



People only pay attention to 1/3 of what is being verbally communicated



Make a conscious effort to hear not only the words that another person is saying but more importantly, the complete message being communicated



Economy of words and word choice is important



WITH GREAT LISTENING, COMES GREAT OPPORTUNITY!



WHATS NOT WRONG WITH YOUR LIFE

- Pair off into groups of two.
- Partner #1 asks **What's Not Wrong With Your Life?**
- Partner #2 responds for 30 seconds then we repeat with the other partner.
- You may only respond to a comment with "What's Not Wrong With Your Life?"

Improv application for wellness:

- Question is worded this way for a reason - to focus on the positive
- Getting to know your partner (client) making it about them!
- Sharing personal information to build trust
- Staying present. Maintaining eye contact.
- Listening and not focusing on how to respond – just simply listening
- Valuable content

FIRST LETTER, LAST LETTER

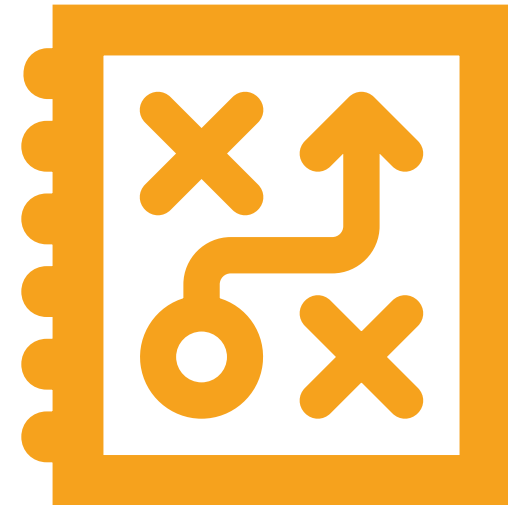
Pair off into groups of two

First player makes a statement, the second player responds to that statement and begins a 2-3 minute conversation.

Each sentence that is said **MUST** begin with the Last Letter of the Last Word of the previous statement

Improv application for wellness:

- *Focus and active listening*
- *You must focus on EVERYWORD that is being said*
- *Economy of words and word choice are very important*
- *Teamwork with your partner*
- *Maintaining the conversation*



SWEDISH HANDSHAKE

- Pair off into groups of two
- You will be given a series of motions to make with your arms
- When your motions sync up you high-five
- This keeps going for 3-4 minutes



Improv application for wellness:

- Increase energy - relieve stress
- Making your own choice confidently
- Without trying your choices align with your partner
- Be in the moment of gratitude
- Celebrate the small victories



KNIFE AND FORK

We begin in groups of two and form a shape together without talking

The number in the groups increase from 2-4-6-8-16 etc....

The final shape involves the entire group making one large scale shape together without speaking

REFLECTION