

Workshop Descriptions

Peak Experience, the AIN Conference
Banff November 10–13

Saturday, November 10—Preconference

Leading Creatively—Banff Style

This full day pre-conference session leads participants through an interactive exploration of how the Banff Centre’s creativity facilitators integrate and apply artistic processes in all leadership development programming. After a brief introduction and session overview, participants will play and discover through the Nature of Improvisation with ecologist-in-residence Keith Webb, The Power of People and Place – Community Encounters with Jane Newman, and Sculpting our Future with Ed Bamiling. Participants will engage in the creativity modules woven into Banff’s executive development programs with opportunities to de-brief and deepen the learning around the application of the arts in organizational and leadership development.

Presenters: Colin Funk and Banff’s Creativity Facilitators

See <http://www.banffcentre.ca/departments/leadership/faculty/> for presenter bios.

Improvising—Keith Johnstone Style

This full day pre-conference session is an introduction to the philosophy, the ideas, and the masterful teaching of Keith Johnstone. In typical Johnstone-ian style, the format and flow of the day will unfold in an improvisational way as Keith responds to the needs, the energy, and the strengths of the participants. Known around the world as a leader in the development of improvisation, Keith’s session promises to be playful, learning-ful, and delightful. Registration is limited to 25 participants.

Presenter: Keith Johnstone

See <http://www.keithjohnstone.com/> for more information.

Sunday, November 11—Day 1

SESSION 1 10:30 A.M.–12 NOON

Captivate Your Audience: How to Avoid the Top 6 Mistakes Presenters Make

From selling your idea, promoting an event, leading a board meeting, or getting in front of the mic at a banquet dinner—your speech can make or break you. In this interactive session, learn how to captivate, motivate, and inspire any audience by exploring how to do audience research and customize your material, how to get people laughing in a way that suits your personality style, and how to powerfully open and memorably close your speech.

Presenter: Carla Rieger

Carla helps leaders create compelling and creative presentations. She has written *The Heart of Presenting and Speaking on the Funny Side of the Brain*. She is the Program Chair for the Canadian Assoc. of Professional Speakers (CAPS Vancouver) and is a veteran keynote speaker, trainer, author and comedienne. With over 20 years experience, Carla brings a wealth of resources for making powerful presentations possible.

Discover Your Innovation Style!

In advance of the session, all AIN 2007 participants would have been invited to complete their Innovation Styles Profile – an assessment that measures how you like to innovate, NOT how innovative you are. At the session, we'll "perform" a couple of simulations that illustrate these preferences in action – and debrief our results both as individuals and as a group of improv practitioners. We'll then illustrate simple ways to use all 4 styles to put on better idea-generation performances.

Presenter: Alain Rostain

Alain Rostain is the founder and principal of Creative Advantage. Alain's work has centered on innovation/creative thinking and the use of improvisational theater techniques for organizational effectiveness. Alain was introduced to improvisational theater in 1990 through Bay Area Theatersports. He immediately saw the potential benefits of using improv techniques to develop and support creative thinking and group process. Specifically, he uses improv in the following ways:

- In facilitating ideation sessions, Alain uses improv activities (he calls them "Juicers") to warm people up, teach creativity concepts, and improve the climate for group creative thinking. • In addition to incorporating the juicers into his work, he trains others in their use and has created and sells a laminated deck of 36 juicer cards with complete instructions for setting up, running, side-coaching and debriefing these activities.
- Alain has begun adapting improv games for online collaboration.

Improv for a Change

What is change when it comes to organisations? How does one manage the complexity of change? How might we use improvisation in supporting others through their change process? These are the questions this session will be dealing with. Through presentation, conversation, and improv activities, participants will explore various approaches to incorporating improv into change management initiatives.

Presenter: Sven Veine

Sven Veine joins us from Trondheim, Norway. Sven leads a theatre ensemble and a company working on applying improvisation outside the theatre. Sven holds a Master's degree in Theatre, is currently working on a Master's in Management and Organisational Psychology, and is studying to become a Solution Focused Coach. He is also planning the AIN-Europe conference in Trondheim, Norway 2008.

The Risk of Peak Experiences Peeking Beyond the Fear

Improvisees are seen as excellent risk-takers who throw themselves in front of audiences with no script or safety net. Yet this is contrary to the philosophy that improv celebrates failure, and the claim that nothing is at risk in the first place. This session explores that paradox, with relevance to personal risk-taking. We'll look at the role of fear, unveil a risk-taking model, and naturally take some risks—like submitting the write-up for a session before creating it!

Presenter: Andrew Welch

Andrew is the principal consultant behind intellact (Canada), and is Senior Lead Facilitator and Ropes Course Manager for the Delta Synergy Group, a leading corporate training provider. He was a founding principal of Theatresports Toronto in 1982, and also created the annual Canadian Experiential Education Practitioners Symposium 20 years later. His interest and exposure to risk-taking (business and personal) covers many perspectives, from improv and the philosophy of creativity to high-angle rescue training.

SESSION 2 1:30–5:00 P.M.

Spontaneity & Specificity

Come explore the tools needed for both an improviser AND a presenter to do a kick ass job! Spontaneity and specificity are crucial elements to begin a successful, rich, grounded character on stage and to deliver a creative, connected and confident presentation. We'll investigate "empty" vs. "rich" offers in both contexts, utilize the Viewpoints vocabulary as a device for decisive choices, and ground the work in values, emotion and integrity.

Presenters: Nan Crawford and Joe Bill

Joe Bill has more than 20 years of experience as a facilitator and trainer with a specialized expertise in presentation skills, assessment tools and Socratic process. He has worked with the esteemed training companies Communispond and The Ariel Group. Joe Bill has also spent more than 20 years teaching improvisation internationally and is currently on the faculty of the Second City and Improv Olympic in Chicago. He has taught, coached, or directed performers and writers currently working for *Saturday Night Live*, *Mad TV*, *Conan O'Brien*, and *The Daily Show* with Jon Stewart.

Nan Crawford, President, Nan Crawford & Co. Artistic Director, Pacific Playback Theatre. Senior Consultant, The Ariel Group. Nan provides dynamic experiential training and presentations to help individuals and organizations thrive. Her work catalyzes breakthroughs in leadership, innovation and collaboration. Nan has been featured in *Fast Company*, *Training* magazine, the *New York Times* and the book *Orchestrating Collaboration at Work*. A cum laude graduate of The University of Texas, with a B.F.A. in theatre, Nan holds an M.A. in organization development & transformation from the California Institute of Integral Studies.

Culture, Conflict, and Creativity

It is difficult to work creatively across difference. Often we don't "follow the disturbance" because we believe conflict is negative and destructive. Yet conflict caused by bumping up against difference is a natural and necessary part of life. In fact, we make meaning of our lives through story—and stories only move forward because of conflict. This interactive session will reframe our personal and organizational stories around culture, difference, and conflict in fun and sometimes surprising ways.

Presenters: Patti Digh and David Robinson

Patti Digh and David Robinson are co-founders of [The Circle Project](#), focused on diversity, leadership, and organizational change. Patti has designed diversity initiatives and training for clients globally for over 20 years, has published several books and over 75 articles on diversity and global issues, and writes the award-winning blog, *37days*. David is a strong artistic leader with extensive experience in theatre, visual art, creativity, and education innovation and was the Artistic Director of Dimensions Theatre Project and the General Manager of the Seattle Shakespeare Company.

The Power of Your Authentic Voice in Challenging Business Situations

Difficult situations challenge our ability to communicate fully and authentically – especially at work. Sometimes we are satisfied with how we handle the situation; other times we are not. The objective of this workshop is to improve communication in all business relationships.

Using an improvisational approach that blends Speaking Circles™ methodology with psychological dynamics and psycholinguistics, participants uncover their "gut" wisdom and meet business challenges head on with their spontaneous truth.

Presenters: Lynda Klau and Eileen Sinett

Lynda Klau, Ph.D., has worked for over two decades with individuals and organizations as a psychotherapist, coach and holistic business strategist. Her integrative blend of psychotherapy, coaching and innovative tools for transformation form the foundation of her company Life Unlimited: *Transformative Strategies for Authentic Living*.

Eileen N. Sinett, MA, Director of Comprehensive Communication Services, is a corporate communication consultant, public speaking coach, and keynote speaker. For over 25 years, she has facilitated programs and processes to promote creative self-expression, communication confidence and relationship success in individuals and businesses.

Right Brain Fitness—Alternative to Packaging & Delivery of Performing Arts Skillsets

Selling the benefits of using improv, movement and music as powerful tools to resolve chronic organizational issues is a constant challenge. Right Brain Fitness provides a mind-body (and team-bonding) experience that speaks directly to business concerns -- how to reduce stress and strengthen individual/team creativity, collaboration, flexibility and spontaneity. The left-brained novice is immersed in performing arts skills within a context of current brain research, experimental reflective process and non-performance, fun, yet risky activities.

Presenter: Jean Bonifas

Jean Bonifas has a Masters in Speech Communication and Theatre. Her 30-plus years of experience in sales, education, and theater enable her to play full out as a collaborative, innovative professional development resource to businesses and associations. She is the artistic director of the four year old Springboard Improv Troupe.

Monday, November 12—Day 2

SESSION 3 10:30 A.M.–12 NOON

The Psychometrics of Improvisation

Participants will learn about The Attentional and Interpersonal Skills (TAIS) inventory tool designed by Biz Improv to reveal various attentional attributes: how we pay attention, get distracted, and how that affects our ability to improvise under pressure. Biz Improv has compiled research using TAIS that compares the attentional attributes of professional improvisers with those of CEO's, world champion athletes, and business leaders. The workshop will combine interactive discussion, video presentation, and a White Paper on Business Improvisation.

Presenter: Randy Sabourin

Randy Sabourin is the founder of Toronto's Biz Improv and has been delivering executive & sales training and technology to clients around the world for over 20 years. The experience of training sales teams and having to deliver revenue in the high tech market led him to develop the premise of improvisation as an essential tool for success.

Dancing with Emotional Intelligence in the Workplace

While your analytical intelligence may get you your job, research has shown that it is your emotional intelligence that determines how well you succeed in your job and career. This interactive session uses improvisational movement and dance exercises—both individually and in teams—to explore the five levels of emotional intelligence: Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. You will learn new body-based techniques for helping individuals and teams communicate more effectively in the workplace.

Presenter: Yael Schy

Yael Schy is a leader in using expressive arts in organizational learning. She is principal of *Dramatic Strides® Consulting*, specializing in leadership, communication skills, and teambuilding techniques that help people and organizations move forward together. Yael uses improvisational theater and dance to help people in organizations get out of their heads and into their bodies.

The Un-Improvised Life Isn't Worth Living

Improvisation principles from the world of theatre contain jewels that have not yet been fully mined and brought into the "real world" for application. This is largely because improvisation is considered by the general public as solely comedic in nature primarily aimed to entertain. In this session, we will examine and discuss the breadth and depth of improvisation principles as a philosophy and share our collective stories of work and life applications beyond the stage.

Presenter: David Matthew Prior

David Matthew Prior of Getacoach.com brings improvisation principles to the larger world stage by incorporating improvisation into all of his life. With an MBA from Thunderbird, David has taught improvisation to actors for 8 years at the Michael Howard Studios, New York City and is on the coaching faculty at New York University and the University of Texas at Dallas; plus he's a Coach for Mens Health Magazine - Spain division.

Wily Veterans Share their Lessons—There's No Need to Re-Invent the Wheel

A Panel of seven Magnificent Veterans (114 years experience combined) who have volunteered to share secrets and advice on getting into and making a career of applied improvisation. You will be inspired to hear about the broad range of issues that improv can be applied to. Sue Walden (the most long-timer) will host the panel, guiding the discussion and fielding your questions. Sure to be fun and highly informative.

Presenters: Sue Walden and Friends

Wily Vets:

Andrew Welch of intellect

Bobbi Block, hired gun for ComedySportz, The Ariel Group, & TeamBuilders Plus

Dan Jablons of The Really Spontaneous Theater Co.

Izzy Gesell of IzzyG & Co

Mike Rosenberg of The Flexible Mind

Paul Z. Jackson of Paul Jackson Associates

Sue Walden of ImprovWorks

SESSION 4 1:30–5:00 PM

Creating New Life Performances–Improvisation for Personal Growth and Development

What is improvisation's role in human development? Can improvisation support people to grow personally, to have better relationships? Performance of a Lifetime's work is based on the understanding that we (human beings) are always performing. We create the scenes, characters, scripts, sets, relationships and understandings that make up life. In this session we'll explore and play with the role of improvisation in creating new life performances, by expanding our own repertoire of characters and scripts.

Presenters: Maureen Kelly and Cathy Salit

Cathy Salit has spent her life as an onstage performer as well as an educational pioneer and social entrepreneur, launching innovative businesses and organizations designed as centers for change, learning, and growth. As President of Performance of a Lifetime - a global theater-based executive education company - Cathy has developed and delivered hundreds of training programs, all of which focus on helping clients become "performance ensembles" that can create collaborative, improvisational, and relationship-centered "plays" every day of the week.

Maureen Kelly first discovered the power and impact of Performance of a Lifetime as a client — she enrolled in a POAL improvisation workshop in 1998 and immediately fell in love with the enabling and empowering experience of being on stage. An experienced coach and organizational development practitioner, Maureen recognized that performance and improvisation provided a unique set of tools for personal and professional development. Maureen now brings her passion for theater, performance and improvisation to clients around the world as one of POAL's top designers, consultants and trainers.

Down and Dirty Discussion Techniques

How can you hear from the quiet ones in the room? Do you want to facilitate deeper, more meaningful discussions? Have you tried to let the participants do all of the talking and found yourself jumping in? How can you get the noisiest talkers to listen? This workshop is chock-full of engaging, varied, fun discussion facilitation techniques that you can use immediately in your own work. Based largely on the work of Stephen Brookfield.

Presenter: Caitlin McClure

Caitlin McClure performs and teaches improv in New York. Training includes Bay Area Theatresports and Keith Johnstone in Calgary. She is currently the coach in residence with the Castillo Players and performs with Los Banditos Del Canto, a musical improv group. Her corporate training includes Fortune 500 companies and not-for-profits. McClure is currently pursuing a Masters in Adult Learning and Leadership at Teachers College, Columbia University.

NIF (Non Verbal Interactive Feedback)—How to Get Honest Feedback from an Audience Playfully

This experiential session offers several training techniques to transform audience judgments of an ongoing performance into instant nonverbal (visual or acoustic) feedback for the performer. As the performer perceives the feedback and reacts to it, we create an interactive loop delivering significant moments open to everybody involved in the experience. This participative workshop will explore: dealing playfully with stress, sharing responsibility/control, honest judgments and the diversity of perceptions, and increasing debriefing possibilities.

Presenter: Andreas Benkwitz

Andreas Benkwitz (born 1968) calls Germany home and had his first smash impact with Improv in 1997. Since then, he has connected all he has experienced in university (M.A. Sociology/Psychology) and in life with the truthful energy of improvisation. Currently he acts as an improviser, trainer, landlord, life partner and father of three children.

Move your mind!

This session emphasizes how playful, non-verbal structures can open the door to very verbal discussions and revelations about how we work together and interact as a group.

We will work with simple movement scores to explore leadership, listening, self-awareness, trust and more. Tune into the creativity inherent in each of our bodies and our natural ability to create a spontaneous, cohesive whole. No need to think too much, just move!

Presenter: Amelia Terrapin

Amelia Terrapin is a dancer, choreographer and teaching artist. She designs educational curriculum by distilling academic concepts into moving experiences, drawing out kinesthetic, artistic and emotional intelligences. She finds great joy in witnessing the courage, creativity and connection that inevitably occurs from moving bodies and thinking minds.