

Effective Communication Using the Power of Applied Improvisation



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no.	282-16
Duration	0.50 day(s) 3:00 hours ¹
Website link	https://pmctraining.com/training/effective-communication-using-the-power-of-applied-improvisation/

Prevent Negativity From Getting In The Way Of A Productive Working Environment

Living in a world of constant change and uncertainty demands the ability to improvise, accept the unknown, and move through challenges with agility, flexibility, and presence. Embracing virtual interactions and deepening your understanding of personal dynamics are key to fostering innovation and a thriving working environment.

Learning improv principles and adapting an ensemble mindset are crucial to a productive team dynamic. Through interactive exercises that emphasize active listening, making your partner look good, and building off each other's ideas, you will enhance your problem-solving skills and deepen your relationships.

Join our transformative and interactive session to learn improvisation principles and conflict resolution strategies, build active listening skills, and develop emotional intelligence through interactive exercises and group discussions. Walk away with new tools and inspiration for tackling everyday challenges in a safe, fun and engaging environment.

Learning outcomes

At the end of this workshop, you will be able to:

- Being present and in the moment
- How to think on your feet
- Improve your ability to actively listen
- Team building techniques
- Become more self-aware
- How to be more flexible and adapt
- How to collaborate and build on others' ideas

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- How to tune in to your audience
- Build relationship skills
- Identify your conflict style
- Strategies to resolve conflicts
- Cultivate your emotional intelligence
- How to gain and understand perspective
- Increase empathy
- Tap into your creativity and innovation
- How to create a more engaged and productive team
- Cultivate curiosity and the power of questions

Workshop topics

- What is improv and why its essential to effective communication
- The principals of improvisation and how to apply
- The power of the Yes and principle
- Active listening strategies
- Strategies for not interrupting people
- Questions and how they impact your interactions
- The power of storytelling in a group
- How perspective shapes how we communicate and connect with each other
- The five styles of conflict
- Six step process for conflict resolution
- What is EQ and how to cultivate it
- Learn activities that engage your teams and create a positive productive culture

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

This workshop is designed for managers, Supervisors, HR, Learning and development leaders who are looking to improve their communication and engage their audience.

You will be introduced to the principles of improvisation and when applied how it impacts teamwork and communication across and within departments.