

## **Improv' Yerself Workshop: Sunday 09<sup>th</sup> February 2025 10am – 5pm The Oak Room in SHEP**

Improv is a form of unscripted performance. Instead of relying on prewritten dialog, or even the sets and props of traditional theatre, improvisers create scenes based on loose scenarios. Everything from what the performers say to the faces they make to how they move their bodies is entirely made up on the spot. The process of developing “improv” skills is the driving force of our Improv' Yerself workshop. It is about fun, play, confidence building, togetherness and much, much more.

While improvisation develops your self-creation, self-discovery and self-expression, ultimately improv is about connection, to self and to others. The funny thing about improvisation is that you can't improvise it; you need to train! Learning to improvise is done through games and exercises. Each game and exercise is designed to lead to an explosion of creativity from which “personal freedom is released, and the total person, physically, intellectually, and intuitively, is awakened” (1950's Viola Spolin, the mother of modern improvisation).

Our Improv' Yerself workshop sets up a safe and fun environment for a person to undergo experiential self-growth in search for that awakening through spontaneity.

Improvisation is the wonderful vehicle for leadership development, whether it's self-leadership or leadership of others, as it imparts crucial life skills such as listening skills, self and peer support, collaboration, assertiveness or self-trust.

Improv' Yerself **is not:**

- Theatre (No audience – everyone is equal as a participant)
- Performance
- Group Therapy
- For experienced actooors: No previous experience required

**Facilitated by Sheila Kelleher and Toufik Messabih.**

All are welcome!