

"What my team took away was laughter, the reduction of barriers between teams, a sense of vulnerability and understanding someone else's perspective."  
— Joel Hardy, SurveyMonkey

"More cautious & introverted folks became more extroverted afterwards—they felt safer in communicating openly after seeing their coworkers be open & vulnerable." — Zach Berke, Exygy



"We all walked away relaxed, connected, and inspired by the fact that our individual two cents can impact a group dynamic for the better."  
— Erin Vomocil, PCMA

"Everyone had a blast. Josh was excellent at guiding us into a space that was safe and playful."  
— Linzi Breckenridge, Vertical Response

## "AN ACTIVE MIND IS A CONNECTED MIND"

**Increase retention rates and boost productivity with customized improv training workshops for your team.**

We build effective communication through development of individual and team skills:



### ACTIVE LISTENING

- Learn the difference between responding and reacting
- Decipher body language and stature
- Engage in respectful listening during meetings



### CREATIVITY

- Learn the core improv theory of "Yes, And"
- Build characters and scenes by being present
- Foster positivity during brainstorming and idea creation



### RISK TAKING

- Encourage teammates to push their comfort zone
- Handle presentation jitters with ease
- Be vulnerable and feel supported by others



### CONNECTION

- Overcome challenges as a group in a playful environment
- Have fun and be silly — improv helps you let it go!
- Discover new traits individually and in others

**What if you invest in your people and they leave?**



**What if you don't invest in your people and they stay?**

"Improv requires excellent listening skills, rewards those who shed their inhibitions and leap into the middle of the group dynamic, and offers valuable lessons about the wisdom of shrugging off setbacks." — Slate.com

**Josh Bukstein** founded Nerd Improv in 2012. He has over 13 years of improv experience as a student and teacher along with a diverse career background in hospitality, commercial real estate and technology.

"Improv training increases the likelihood that team members will feel comfortable communicating in a variety of work situations. "Yes, and" is the key." — Forbes