



# SOPHIA ASSOCIATES

*Awakening Leadership Within*

**“Life is not a dress rehearsal.”**

Sophia Associates, Inc. offers this entertaining learning experience using the techniques of Improvisation to explode creativity and spontaneity. Improv teaches us to pay attention while playing and it reminds us to release self-imposed barriers and self-limiting beliefs through this safe and playful activity. As a team-building exercise, Improv explores our need for control and the value of cooperation and service to the team over self-service. We tap into our collective imagination, with Improv as the catalyst for team coherence and potential.



***Bruce Nelson***, our Sophia Associates facilitator, is a professional actor and life-long learner himself. He has been acting and teaching for 25 years and his playful and engaging manner contributes to the safe environment created for serious work through play.

Bruce is a book narrator for the Library of Congress and a 1988 graduate of Towson University with a B.A. in Theatre. In 2001, he became an “Honored Alumnus” for his contributions to the performing arts. Bruce has been nominated six times for the Washington DC Helen Hayes Award and has received the award twice. He is a member of the acting company at the Woolly Mammoth Theatre in Washington DC and the Everyman Theatre in Baltimore.

**Participants will leave the workshop:**

- Aware and appreciative of diversity of perspective and behaviors of others
- With improved and thoughtful listening and verbal/non-verbal communication skills
- Able to successfully build non-judgmental relationships at work and in life
- Accelerating their self-awareness and personal learning around self-limiting beliefs and assumptions
- Improving their problem-solving abilities using creativity and imagination
- Enhancing their ability to lead teams using collaboration tools for high performance
- Knowing what they can do for themselves and others to build imagination and creativity into even the most serious efforts

This workshop is offered in two or four hour formats and can be integrated into larger training programs and workshops. All workshops include pre and post debriefing with the client and customization around the client objectives. An ideal size is between 8 and 10. With larger groups, the facilitator uses a fishbowl technique that keeps the activity size appropriate while others in the group learn by watching, discussion and taking turns.

1834 George Avenue • Annapolis, MD 21401  
Tel: 443-433-0586 • Fax: 443-433-0587  
Email: [alicia@sophia-associates.com](mailto:alicia@sophia-associates.com)  
[www.sophia-associates.com](http://www.sophia-associates.com)



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## Some Improvisation Techniques and Exercises Used:

**Name Games:** Slap pass name and then one word at a time around the circle, recycle back to original word and build a story. Say the first thing that comes to mind based on what you just heard. Try not to plan ahead, be clever or funny but stay in the moment.

**Finger Tip Connection:** First with one person leading then the other then with eyes closed and no one leading. Did you work to take the other person along with you or were you more inclined to rush ahead. When were you most comfortable? Leading? Being lead?

**Counting to 20:** Circle up and begin counting randomly to 20. Try not to strategize but instead take your time and work together to get to the next number. Did everyone speak? Who didn't? How often do you feel the need to speak, when being silent might be the best choice?

**I got you this:** Work around the circle making various "I got you this" offerings to a partner, determine what the thing is and then state how you will use it. Go with first thing off the top of your head and avoid commenting.

**Ad Campaign:** "Yes, and...". What happens when everyone has a say and when all ideas are treated like gold? How willing are you to let go and play? What does it feel like to work toward a common goal? What are the necessary ingredients? Recognize and appreciate everyone's contributions. Become aware of the strengths/weaknesses.

**Poet/Translator:** How to create possibility for the other person and make their job as easy as possible. Think: The scene is not about you but is in fact about the other person.

**Two-Faced-Know-it-All:** Work with a partner to build one-word-at-a-time answers to questions from the audience. Remove from your mind where you think your response is going to go and listen to your partner.

**Yes, and... Scenes:** Agree with everything your partner does and says and get into the habit of agreeing with yourself as well. Where do you delay results when agreement would help the process? When do you ask lots of questions? When do you want to disagree? Is anything possible? Talk about the "I have an idea" phrase and the Problems/Solutions concept. When do you want to race ahead to the next moment before the current one is finished?

Please call Sophia Associates, Inc. at  
443-433-0586 or email [Info@sophia-associates.com](mailto:Info@sophia-associates.com)  
to schedule a workshop for your company or team.

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Tel: 443-433-0586 • Fax: 443-433-0587  
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[www.sophia-associates.com](http://www.sophia-associates.com)