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This was a workshop more than a formal talk. For those who want to remember what we did or are just interested in what it was, here is my plan:

- Introduction and overview
  - Motivation
    - Today is about failure
    - We are increasingly becoming socialized to fear and avoid failure.
    - Megan McArdle *The Up Side of Down: Why Failing Well Is the Key to Success*
    - McArdle argues that life cannot be a series of triumphs. "We are caught in the trap of believing that success involves not failing, when failure is actually necessary to success."
  - My bio
    - Senior Technical Consultant with Summa, performer and coach at Arcade Comedy Theater and Director of the Pittsburgh Comedy Festival.
    - I spend my days straddled between two disciplines that work best when we embrace failure as an essential part of the learning and design process: agile software development and improv comedy
    - Improv, to me, is 2 or more people walking on stage with blank minds and collaborating in real time in front of an audience to create a meaningful and funny performance. At its core, it is a risky proposition.
  - Improv
    - Improvisers can be mediocre, and even good, without taking risks. But to be great, you must take big enough risks that sometimes (often) you fail.
    - Today I will be introducing ways that improv can help us think about failure and our relationship with it

- Warm Up
  - Name Monster - low key, embrace "mistakes" as gifts
    - Name, motion re: hobby outside of work, around the circle.
    - Decide quick and don't apologize - chicken punishment
    - Not as you did it but as it was passed
  - Electric company - think fast
    - Intended to be hard to do
    - Work together to keep the rhythm
    - Celebrate success

- Exercises
  - Yes And Circle -
    - Repeat the last AND add new
    - Begin moving faster, find delays, disconnect brain from mouth
    - Trust that you get it and you are enough.
  - "New Choice" Yes And Conversations -
    - Simple conversations, following "yes and" convention
    - "New choice" - make a new choice (instinct not thought)
    - Make them bold, have some fun, see what happens

- Retrospective
  - When was it easy/challenging to take risks?
  - What changed with "yes and"?
  - What can you take from this into your day to day lives and careers?