

Welcome

Welcome to ImprovPlus!

We're glad you're here!

You bought this packet because you really want to use Improv in your facilitations and trainings. This guide is comprehensive, easy to use, and comes to you with lots of support.

This guide assumes that facilitators and participants have little to no exposure to Improv, though the techniques and discussion topics outlined are applicable to any skill level and any industry. We provide the instructions, we provide the exercises, and we provide the questions and discussion topics. We even provide handouts that you can use (or not). You don't have to do anything except print out this guide and follow along.

We have developed an outline that will facilitate a steady but manageable learning curve. We recommend that you follow the progression of this guide to make each technique easy to understand. However, if you want to mix things up and take the lessons and activities in a different order, that is entirely up to you. There is no specific order to any of the rules or guidelines specified in this guide, even where we might have listed things using numbers. No rule should be considered more or less important than any other - except where they might have more or less significance to you.

Along with this guide, you also have access to an extensive online repository of knowledge. Browse the Improv Game database for instructions for over 150 different games and exercises. We're frequently adding materials and help. Need something you don't see? Let us know and we'll create in-house or help you create custom materials.

As if that wasn't enough, your subscription also comes with three consulting calls with the ImprovPlus team. If you run into any roadblocks, if you have any questions about the guide, or if you just want some more information, do not hesitate to reach out to us. We can help.

Improv has been used for decades for this kind of work. You can read about it on our blog. Improv provides a space for conversation and encourages people to explore, experiment, expand, and excel. By introducing your participants to Improv, you are taking your first step on a path to being more awesome. Our goal is to make that path as effective and memorable as possible.

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Facilitator Facts

What is Improv?

Refer the participants to the handout, "A Brief Introduction to Improv."