

Your Improv+Leadership ROI

The following page contains the areas that you must invest in – in yourself – to reach the top.

The four areas (Mental, Emotional, Physical, and Vocal) are of equal importance.

In *Improv+Leadership* we focus on the Mental – making choices, intentionally going against the norm, etcetera – and on the Physical – how you do the thing you do.

Ideally you want a balance of these four elements. Many of us have a default one that we really like – some Leaders lean towards the Emotional (Story, Relationship, Personal Feelings). Some use lots of Mental (Strategy, Analytical, Critical). Others rely on the Physical, using their presence to impress and compel. Others are comfortable in Vocal – and being the loudest person in the room!

The Goal of *Your Improv+Leadership ROI* is to build your awareness and find balance between these areas. We want you to have access to all of them in whatever combination makes sense for a given circumstance. For the most part this is a self-guided practice, although we do encourage you to share your observations.

The more you thoughtfully and intentionally invest in each of the areas, the greater your ROI will be. Whether you are leading away from something or to something, you will experience more employee loyalty and engagement, greater sales, better relationship development with colleagues and clients, clarity in strategy, and ease of movement.

As we go through this process we want you to be aware and keep notes on what you observe about yourself in these 4 areas.

Here are some prompts that might help you think about each of these areas:

Mental

What is my default thought pattern?

Am I critical? Curious?

What are some of the routine thoughts that run through my head?

- About myself?
- About my work?
- About my future?

How do I think about goals?

Emotional

How am I feeling today?

Why?

How do I feel about...

- the people I work with?
- the work that I am doing?
- the work that I want to?

Physical

How am I moving?

Am I moving freely without perceived tension?

What movements are easiest for me?

What types of physical movement/stillness makes me feel strong?

What makes me feel weak?

Vocal

How am I using my voice?

Where am I using my voice?

How do I feel about my "voice" (both literal & figurative)?

Do I like my voice?

Why or why not?

MENTAL

EMOTIONAL

PHYSICAL

VOCAL