



# Improvising as a team

Forget everyday life and play together.

In everyday working life, we all take on different roles: one role for the interaction with costumers, another in dealing with employees, and again another with superiors. These roles are important to protect our own person. However, the role we play in everyday professional life results has the consequence that personal interactions and real human-to-human communication are far too rare. Team building via improvisational theatre techniques is an unconventional possibility to get to know (new) colleagues and oneself from a completely different and new side, to develop your own creativity and to generate a new team feeling. All that is achieved through a seemingly purpose-free play without pressure to succeed. The team will learn to improvise short theatrical scenes in an improvisational theater workshop. Openness, spontaneity and creativity are promoted through this lively and, above all, practice-oriented cooperation. The participants thus discover new ways of seeing and behaving, the effect of which is anchored and transported into everyday life.

## Effects:

- Building and strengthening a positive group feeling
- More flexibility and creativity in thinking and acting
- Promoting role awareness
- Improved perception of one's own impulses and greater confidence in the "gut feeling" in decision-making
- New perspectives in social situations and understanding for other team members



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