



Jeanne **M.** Stafford

Leadership Workshop

Working closely with management, I design targeted in-house programs to address issues of motivation, collaboration, staff morale and social well-being which may impact productivity and performance. My exercises empower action, champion change and keep the vision and purpose in focus to give more time back, so that it can be spent on your product and customers.

My approach includes drawing on a range of dynamic techniques aimed at infusing employees with renewed confidence and creativity. I draw from theater-based communications and improv techniques to teach people how to manage well in uncertain situations, think on their feet and build trust amongst individuals, teams and organizations.

This three-hour workshop is customized for corporate teams, with groups of 10 to 50 participants.

Outcomes:

- More complementary, collaborative teams
- Effective change management through trust and transformative behaviors
- Creativity and innovation as natural responses
- Ways to recognize and empower teams
- Loyalty-building techniques
- Reinforcement of your company mission, including customer service
- Idea-building for client exercises to improve collaboration and negotiation dynamics
- Faster decision-making
- Improved processes and productivity
- Improved information
- Removal of barriers impeding progress

Method:

An informal yet comprehensive analysis is conducted first, leveraging insights and expertise of participants, to define issues. Next we brainstorm barriers and solutions, followed by the improv exercises (the fun!). We wrap the session with an assessment of exercise results and brainstorm action plans tailored to team issues.

Proposed agenda:

- Welcome, kick-off, Introductions
- Define issues & brainstorm barriers
- Brainstorm & assess potential solutions
- Improv exercises
- Assess potential solutions & develop action plans
- Share & report action plans (follow-up)

Improv exercise examples:

- Being “alive in the space” – using the same warm-up exercise actors use before going out on a stage to perform in front of a live audience.
- Group warm-up standing in a circle, in a counting limb-shaking exercise that results in the group performing quickly and in unison. It activates the listening muscle.
- Situations that elicit discomfort and a quick solution.
- Saying “YES AND” to offers given in a space – how to find help in the spaces you enter.
- LISTENING – how to look for the offers and hear the YES from co-workers, present and potential clients.
- Creating transformations from beginning to end of a scene, using 2 “actors” who choose the lines.
- Energizing and connection warm-up exercises.

Summary

Improv exercises are woven throughout the workshop, helping participants mirror real situations at work and making them more capable at spotting and handling conflicts in future encounters.

Take-away exercises will be provided to use with teams in the workplace, and will always serve as a reference to draw from for challenges with current and prospective clients.

When we feel more confident in spaces, it is easier for individuals to present themselves in negotiations and make the most of the relationships they have with others.

This focus is on sharpening their focus as a team and not just on themselves. Individuals recognize transformation in relationships and acting on this to produce results.