

# A Success Story: Using Applied Improv for Communication, Connection & Co-Creation with Izzy Gesell



# HouseKeeping



### 3 Common, 1 Unique

**UNIQUE** = not typical; unusual





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#### **SELF-TALK**

"The ongoing STORY we have with ourselves that determines our beliefs about the world."

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#### Why Story?

"Telling a story is by nature a more personal, animated and emotional response than providing a factual answer because it taps into a different set of instinctual behavior patterns."



#### Why Story?

"Because stories are metaphorical, subjective and/or universal, people can make inferences about cause, effect, outcome and consequence that they may not be willing or able make in a factual discussion."

Cynthia F. Kurtz

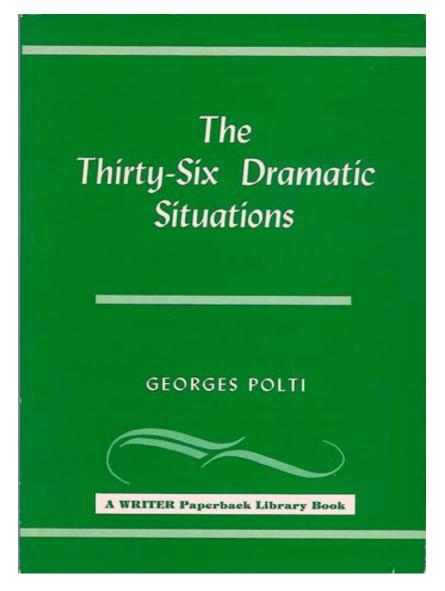


#### The Story Skeleton:

The Set Up (Act 1)
The Conflict/Dilemma (Act 2)
The Resolution (Act 3)

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#### THE STORY SPINE

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Once there was... (Once upon a time)
And every day...
Until one day...(2x, 3x)
And because of that... (2x, 3x)
Until finally....
And so...(and ever since that day)
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# Key question from the audience's point of view as they listen to the story:

SO WHAT?



#### **JOKES AS STORIES**

The Joke Skeleton:

The Set Up (Intro to the Characters)
The Conflict/Dilemma (Problem)
The Resolution (Punchline)



#### **COLOR-ADVANCE**

- 1. Partner in trios in "A" or 321/323. Meeting planners please sit where there is color at the seat. Not enough planners? Someone "play" planner!
- 2. Player 1 (teller) in each group begins telling a story to the other person. Story can be tied to today's topic or not.
- 3. Player 2 (listener) "conducts" the story by using the words, "COLOR" or "ADVANCE."



## **COLOR-ADVANCE**

- 4. Continue for 1 minute, then switch roles.
- 5. Then third person. Each has opportunity.



"Color" means "go deeper. Fill in the details."
"Advance" means "move the story along."

"Color" should be specific such as, "Tell me more about the **little boy**," or "color the feeling **while walking alone**. It's important for both players to agree on the rules so no one feels dismissed or denied when the partner says "Advance."



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# Take-Aways

After this workshop experience, what will you

- Start doing that you haven't been doing?
- Stop doing because it's not working?
- Continue doing because it's working or you see new uses for it?

For more information on this or Izzy's other programs:

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