

IMPROV SKILLS-SHOP

with Russ The BIG Guy

Today you will learn and practice many interpersonal skills essential not only for improvisation, but also for **personal and professional success!**

Note your observations and action items below.

Listening-Hearing

Eye Contact-Recognizing

Agreement-Validating, Community

Contribution-Building, Creating, Innovating

Recognize Emotions-Empathizing,
Understanding Self and Others

Poise, Confidence

Agreeability, Likeability, Trust

Presence, Patience

Failure averse? Sense of Humor, Persistence



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