

LAUGH AND LEARN

FREE Workshop Series

Stevie Ray's "Skills For Life"



This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Partners in Arts Participation grant, thanks to a legislative appropriation from the arts and cultural heritage fund.

Join us once a week for 4-weeks

The ability to improvise is *essential*.
Communicating with others is *priceless*.
Learning through doing is *neuroscience*.

- * Improve Personal Interactions
- * Enhance Workplace Dynamics
- * Build or Lead a Team

FREE TO THE PUBLIC

Who: Stevie Ray is a stand-up comedian, corporate trainer, businessman and our lead instructor.

Why: Adapting to circumstances quickly and communicating in positive ways results in messages that are accurate, effective, and efficient.

Come once or come all four weeks.

WHY IMPROV?



- **Do you know concrete steps to create a culture in which people are not afraid to fail or openly share ideas?**
- **Do you know how to instill trust and mutual support of a team? Or openness and acceptance?**
- **Do you know how to connect and engage with people quickly and build strong relationships?**

THESE ARE THE SKILLS YOU CAN LEARN!

- **Improvisation techniques work on the brain the same way physical exercise works on muscle groups.**
- **The same skills that make for exceptional comedic improvisation - *active listening, focus, energy, engagement, teamwork, authenticity, adaptability* - are skills every person can use to make positive changes at home or in the workplace.**