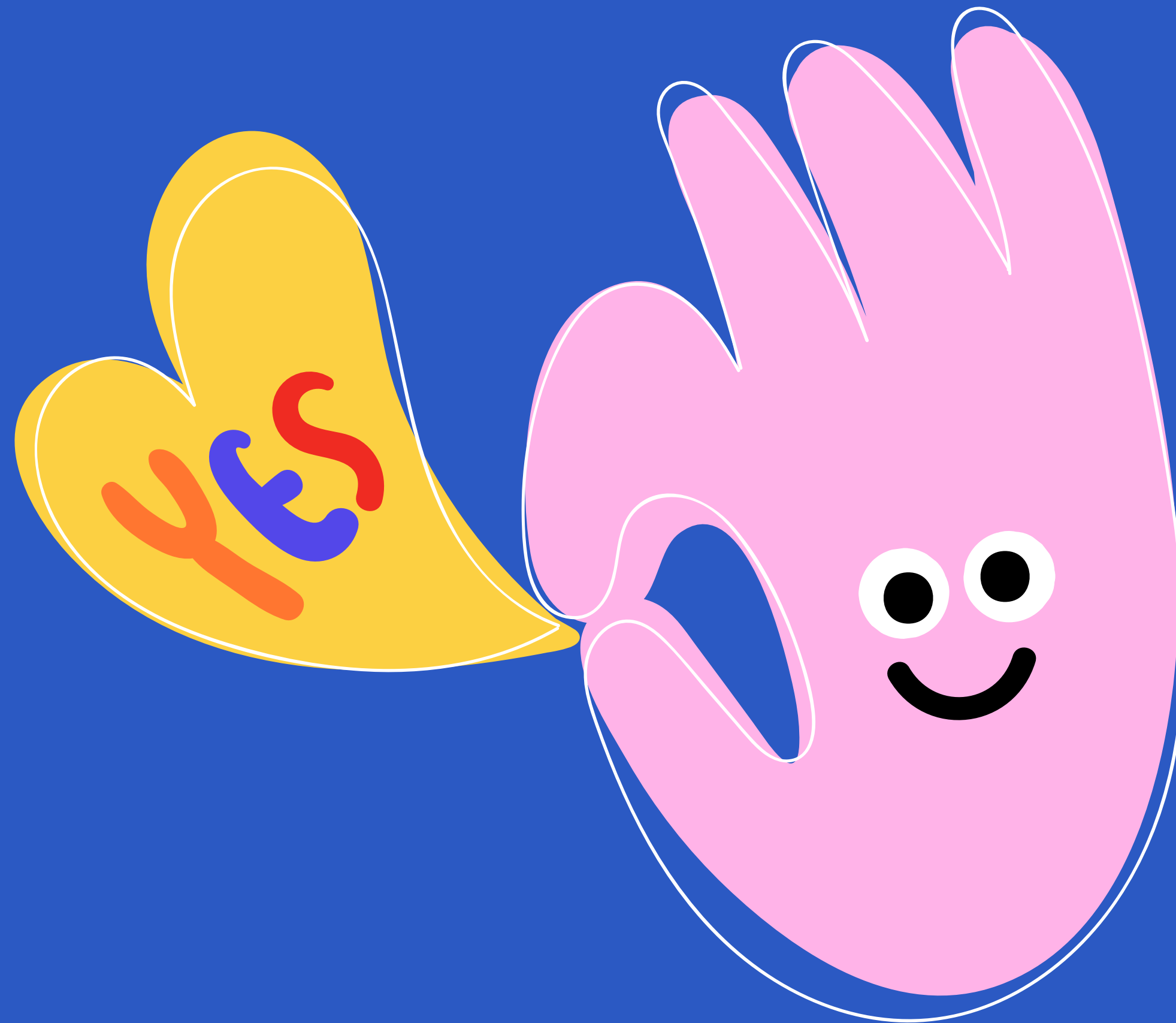


Improv and the Power of “Yes And”



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- **“Yes” = affirm reality**
- **“And” = respond & build**

“PowerProv business improvisation workshops deliver awesome communication, collaboration, and camaraderie without the BS.”

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“We. Not me.”

-Muhammad Ali



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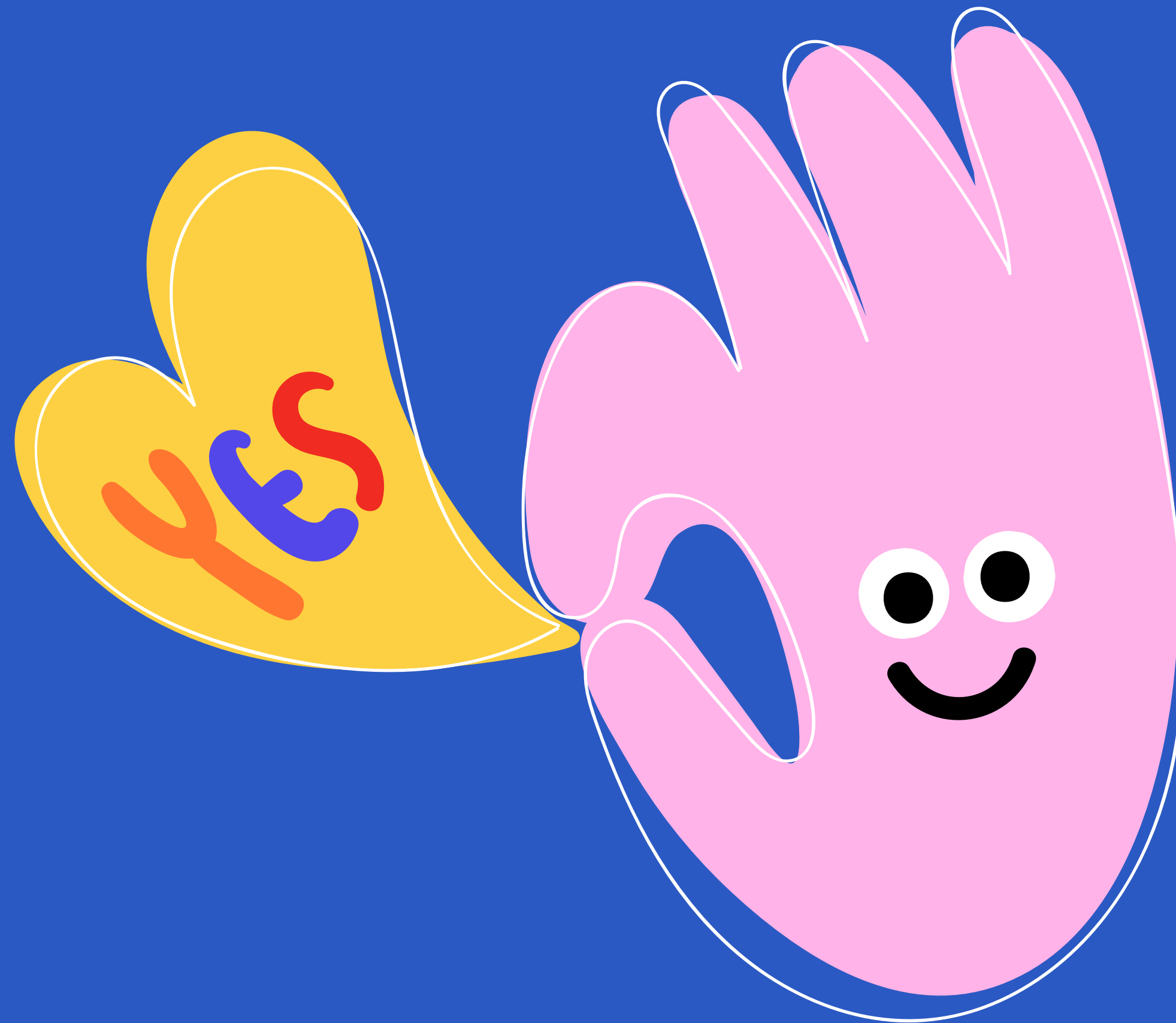
“The goal is to transcend the thinking process and learn to knock on the door of intuition and instinct”

-Eran Thomson



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- **Avoid questions**
- **Use what's been said**
- **Hold onto your truth**

A Seemingly Impossible Challenge

Respond to everything everyone says to you starting with “Yes, and...” for one day and see what happens.

Take a picture of the next slide

My favorite thing from the Workplace Wellness Festival was PowerProv.

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- *Listen: One Word Suggestion*



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“People who say ‘no’ live small safe lives. People who say ‘yes’ enjoy lives filled with glorious adventures.”

-Eran Thomson



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