

The Benefit of Using Improvisational Techniques At Your Next Retreat

The word improvise is generally defined as “to create or perform spontaneously or without preparation.” You may have seen “improv” used as a form of entertainment, but improv’s aim is not necessarily to be comedic. As professional facilitators we have found many benefits in using improv to strengthen any retreat or planning process:



Advances Creativity

- Although unscripted, improvisational techniques follow one basic rule: the “**Yes, And...**” **principle** where participants are asked to accept information and then add to it.
- There are **no wrong responses**, only opportunities to offer top-of-mind thoughts, helping participants feel supported, resulting in increased comfort levels and less inhibition.
- Spontaneous doesn’t mean unstructured. Carefully designed improv exercises help **cultivate strategic thinking** by drawing out priorities that can be utilized to forge agreement on objectives.



Elicits Full Participation

- Creative customized group exercises where **all participants are asked to play a role** fosters full participation.
- Using improv bolsters group connections and helps create a **shared community** where all participants engage in unique experiences together.



Enhances Collaboration

- Improv requires active listening which allows participants to build on what others say and work as a team to engage in exercises toward a desired result.
- Participating in improv encourages deference to the collective.
- Although purposeful, improv exercises are often enjoyable- creating a memorable and fun experience that promotes team building.

Sheer Strategy’s philosophy is to engage and excite stakeholders by involving them in a process that uses improvisational and exploratory exercises to draw out meet engagement objectives. To explore our comprehensive services please **visit sheerstrategy.com** or contact us at (215) 680-0684 or at maddyschiering@sheerstrategy.com.