

The Improv Mindset

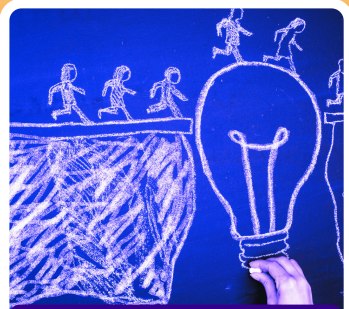
Workshops & Programs



TEAM BUILDING

Playing with an Improv Mindset

- An energizing experience that fosters team connection, trust, and an innovation mindset.
- Format: 60-90 minute session for up to 50 participants; in-person or virtual; can be offered as a series for ongoing support.



SKILLS WORKSHOPS

Managing with an Improv Mindset

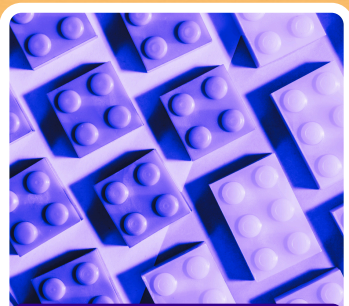
- Designed for people and project managers to build the skills needed to make people feel heard, disagree constructively, and move things forward even when they don't have all the answers.
- Format: 2-3 hour workshop for up to 30 participants; in-person or virtual; can be split into two sessions.



GROUP COACHING

Leading with an Improv Mindset

- Cohort-based group coaching program for leaders at any level to increase confidence, build resilience, and get support on their specific leadership challenges.
- Format: Four to six 1-hour virtual sessions for up to 12 participants held weekly plus individual coaching.



CUSTOM PROGRAM

_____ with an Improv Mindset

- We specialize in (and love!) creating custom programs designed specifically for your organization's goals and challenges.
- Format: In-person, virtual or hybrid workshops tailored to fit your organization's structure and preferences.

contact: theimprovmindset@gmail.com

The Improv Mindset

What People are Saying

This was **the best 'work' workshop** I've ever attended.

Playing with an Improv Mindset Participant

Everyone who attended **had fun**, made new friends, dropped their inhibitions, and walked away with a **feeling of belonging and renewed energy**.

Playing with an Improv Mindset Participant

The workshop was **expertly organized** and facilitated. Can't wait to see more from these folks.

Managing with an Improv Mindset Participant

First off, the workshop was **fun, engaging, and well structured**. That alone would have been worth it. But the real value is how **I was able to take this into my daily work life**: being more collaborative, bringing that improvisational sense of joy, making others look brilliant, recognizing when I am 'Yes, But' instead of 'Yes, And.'"

Managing with an Improv Mindset Participant

I can see **I'm not the same person** coming out as I was going in.

Leading with an Improv Mindset Participant

Lots of fun, **great energy from the group**, mind-expanding, and **gave me tools I can use right away**.

Leading with an Improv Mindset Participant

The Improv Mindset

Meet the Team



Sarah Filman, ACC, CPC is a leadership coach, team development facilitator, and improv performer. She is the founder of [Playful Perspectives](#), with a mission to help leaders and their teams connect, create, and thrive by dissolving the work/play divide. An experienced people leader and technical product manager, Sarah has brought her heart and humor to engineering and product teams for over fourteen years, including Microsoft and the Code.org leadership team. She is passionate about helping mission-driven people find their authentic leadership style so they can lead teams, projects, and their lives with confidence and joy. Additional areas of coaching focus include navigating complex work relationships, transitioning into management from technical roles, and finding wellness at work. A highly-sensitive introvert with a penchant for puns and forest bathing in the Pacific Northwest, Sarah loves to nerd out about marine invertebrates, board games, and comedy.



Jordan Hirsch, ACC, CPC is a leadership coach, facilitator, and trainer. He's the founder of [FishTree](#), where we make it safe, fun, and possible to do hard things at work. After two decades as a manager, technologist, and digital strategy consultant to some of the most impactful organizations in the world, he pivoted his career to focus on the aspects of his work that brought him the most joy: training, facilitating, and coaching. Jordan is an expert at engaging remote audiences, and has led trainings and workshops at organizations and venues including Feeding America, The Clinton Foundation, Time Inc, Estee Lauder, the UN, and SXSW, where his workshop was voted an audience favorite. He is passionate about the power of coaching and facilitation to unlock the potential of individuals and groups. Jordan is also a musician and improviser who has performed improvised comedy all over the country.

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