

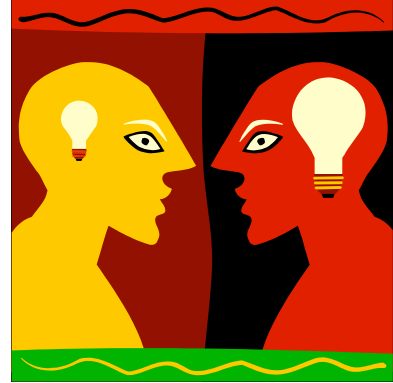
Get Your Creativity On:

The Improviser's Tool Kit

Improvisation Workshops for

Self-Awareness, Stress-Resilience &

Creative Thinking at Home and Work



Monday Nights 7–9 p.m. \$20/session

August 15 * August 29 * Sept. 12 * Sept. 26 * Oct. 10 * Oct. 24 *

Nov. 7 * Nov. 21 * Dec. 4

We can't control the economy, the jobs report, what's happening in the news, or loads of other distressing things that impact us every day. We have responsibilities and worries and pressures that are not going away. Today's stresses come in from every direction, but are just as often mental habits such as performance anxiety, fears about money and security, worries about how we are doing as a parent or partner, or any number of emotional triggers that signal a sense of threat. What goes on in our head evokes the same physiological response as what happens when running from a moving train. And when these threats do not abate—after all, the call is coming from inside the house — we lose the energy we need to cope - much less create - and over time get burned out.

The improviser's mind and skill set is something anyone can learn, practice and use to be more effective, adaptive, and creative in response to problems, and most importantly to have more fun and satisfaction in daily life.

Research shows that improvisation in theater or music grow the psychological "muscles" that improve our resilience to the stresses of modern life, and are a training ground for the thinking and relationship skills that are most important for managing the stresses of 21st century life. In these workshops we will:

- Learn to think on our feet and connect with our creative impulse;
- Learn through action and experience that specific, small choices can create large differences – when playing in improv exercises and scenes and in daily life;
- Develop the ability to size up situations rapidly and respond effectively;
- Learn about the mind set most likely to discover creative approaches to problems along with the skills to implement them;

Attend as many workshops as you like. But repeated experiences produce deeper, faster results so we encourage you to attend as many as you can.

To Register by mail: Mail check payable to Lifestage, Inc to: Lifestage, Inc. 496 Smithtown Bypass Suite 202 Smithtown NY 11787 **To Register Online:** Go to Smarttix.com or call 212-868-4444

Facilitators: Jude Treder-Wolff, LCSW and Nicholas Wolff

