

Improv Skill Building Session: Igniting Imagination in your Work & Life

Prepared by Kory Mathewson, Rapid Fire Theatre

This session brought together patients, families, providers & administrators to learn techniques solve problems creatively. We worked together in an interactive session that, I hope, was a fun and energizing way to start thinking imaginatively together!

We explored collective creativity and ignited our imaginations through our practice of the *3 Most Important Rules of Improvisation*, each of which can be useful for work and life:

- **"Yes, and..."** -- by accepting and expanding on the ideas of others you can quickly grow shared trust, generate ideas, and collaborate effectively;
- **"Active Listening"** -- by listening to not just the words someone says and waiting for your turn to talk, but rather understanding 'why', we learned to more constructively build trust in relationships, teams, and companies; and
- **"Positivity and Perspective"** -- by bringing positive attitude and sharing your own perspective, you can quickly grow base of support, and collectively find ideas which no one might have brought up independently.

Rapid Fire Theatre (RFT) is proud to be Edmonton's premiere destination for improvised comedy! RFT presents [four shows weekly](#) at the Citadel Theatre, as well as [many workshops](#) to flex and grow your creative side.

In 2015 RFT was honored with three awards from The Mayor's Celebration for the Arts, including The ATB Financial Ambassador for the Arts award. We have also been named Edmonton's Best Theatre Company by VUE Weekly readers.

Thank you again,

Kory Mathewson

You can find out more about Rapid Fire Theatre at <http://rapidfiretheatre.com>.