

Improv is my superpower!

Picture this: I walk on stage to perform. No script, no props, no formal preparation. It's not some recurring nightmare—it's my idea of a good time. Several times a month, I step into the unknown with a couple of friends, armed with only a loose plan to "make each other look good" and have fun. What happens next? Out of seemingly thin air, we create scenes, songs, and even dances that delight audiences—and, more importantly, ourselves.

The first time I watched improv theatre, it looked like pure magic.

I decided to study it to enhance my skills as a leadership coach and trainer. What I didn't expect was to fall completely in love with it. That was 27 years ago.

Since then, I've sought out every opportunity to study, teach, and perform improv. I even plan my vacations around improv festivals, trainings, and international conferences. It's been a transformative force in professional my life.

I've used improv to coach clients into becoming dynamic, confident presenters, to help them be more creative, collaborative, and adaptable under pressure, and to strengthen their problem-solving skills, trust, and willingness to take risks. Participants attending my programs have the opportunity to experience the benefits!

Improv has given me more than just professional tools. It's made me a kinder, funnier, more generous—and dare I say—sexier person in all areas of my life. (Okay, maybe it didn't do much for my humility!)

So, what's the secret sauce behind improv's magic? It's all about the golden rules. Here are a few that every professional (and human) can benefit from:

- **Accept offers and say YES.** This gets your ego out of the way and reduces resistance to new ideas.
- **Make your partner look good.** Nothing builds trust and encourages risk-taking like having each other's backs.
- **Be spontaneous.** Overthinking kills creativity, while bold action opens new doors.
- And my favourite: **If you can't sing, sing loud.** Because in improv—and in life—it's not about being perfect; it's about showing up with all you've got.

These principles, adapted from Kat Koppett's book *Training to Imagine*, can work wonders whether you're on stage, in the boardroom, or navigating the twists and turns of life as an adult!

It's often said that if an improv troupe puts on a show the audience enjoys, yet the performers didn't have a good time performing together, it's ultimately a failure. Conversely, if the audience

doesn't particularly enjoy the performance, yet the troupe has fun performing together, it's considered a success. Why? Because when the performers enjoy themselves, they're more likely to continue working and growing together—and that camaraderie often leads to long-term success.

So, next time you're faced with the unknown, channel your inner improviser. Say yes, dive in, and remember even if you can't hit all the notes, you can still belt out the tune with confidence!

 Rue de l'Union 20, 1800 Vevey, Switzerland

 +41 79 653 54 23

 amy@carrollcoaching.com

 carrollcoaching.com

