

# Discover Your Natural Spontaneity

## How to Think on Your Feet

### Why Attend?

The ability to think on one's feet is a skill that is of incredible practical use in countless everyday situations. It is also one that is much admired and associated with qualities of sharpness, intelligence and spontaneity. In conferences or business meetings your reputation can stand or fall in the moments it takes you to make your response. Can you imagine the consequences for your credibility of 'freezing' during an important presentation or meeting? What about the embarrassment of 'going blank' and just losing the thread? This applies equally in one-to-one conversations as in group settings.

This workshop will enable you to use your natural ability to respond effectively in the moment. You will learn the strategies used by professionals who have to think on their feet every day.

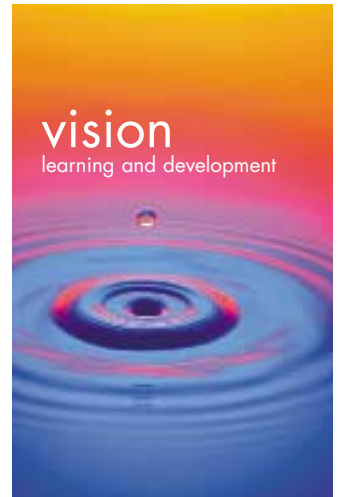
### What Will You Learn?

By the end of the workshop you will be able to:

- Access the optimal state of mind required for spontaneity
- Really listen to others before responding
- Respond confidently and successfully in a range of situations

### Specifically You Will Learn

- How improvisation works in comedy
- How to apply the principles of improvisation in everyday communication
- How to react positively to what is being said and done around you
- How thinking gets in the way of quick thinking
- How to let go of trying to come up with a great answer
- How to give your full attention to another person by true active listening
- How to feel confident – even in potentially difficult situations
- How your state affects your behaviour and consequently your results
- How to create the 'flow' state required for high performance
- How to silence the voice in your head that gets in the way of spontaneity
- How to handle awkward moments and 'difficult' people
- How to use these skills as a trainer, presenter and in one-to-one situations



continued

### **How Will You Learn?**

This is a highly practical and informal workshop. You will learn by taking part in practical exercises and comedy improvisation games. The workshop will be run by:

Neil Mullarkey – who has improvised with The Comedy Store Players for sixteen years. His many credits include *'I'm Sorry I Haven't a Clue'*, *'Whose Line Is It Anyway'* and *'Austin Powers.'*

Graham Shaw – who is an international presenter and trainer, the founder of Vision Learning and Development and a former training manager with British Airways. He specialises in training presenters and trainers and is known for his fast cartoon drawings.

### **What If? What Will Be The Benefits?**

You will have increased your own self-awareness and ability to be confident when communicating. Your enhanced flexibility will enable you to think more easily on your feet in numerous situations. These are skills you will be able to apply in almost any area of your life.