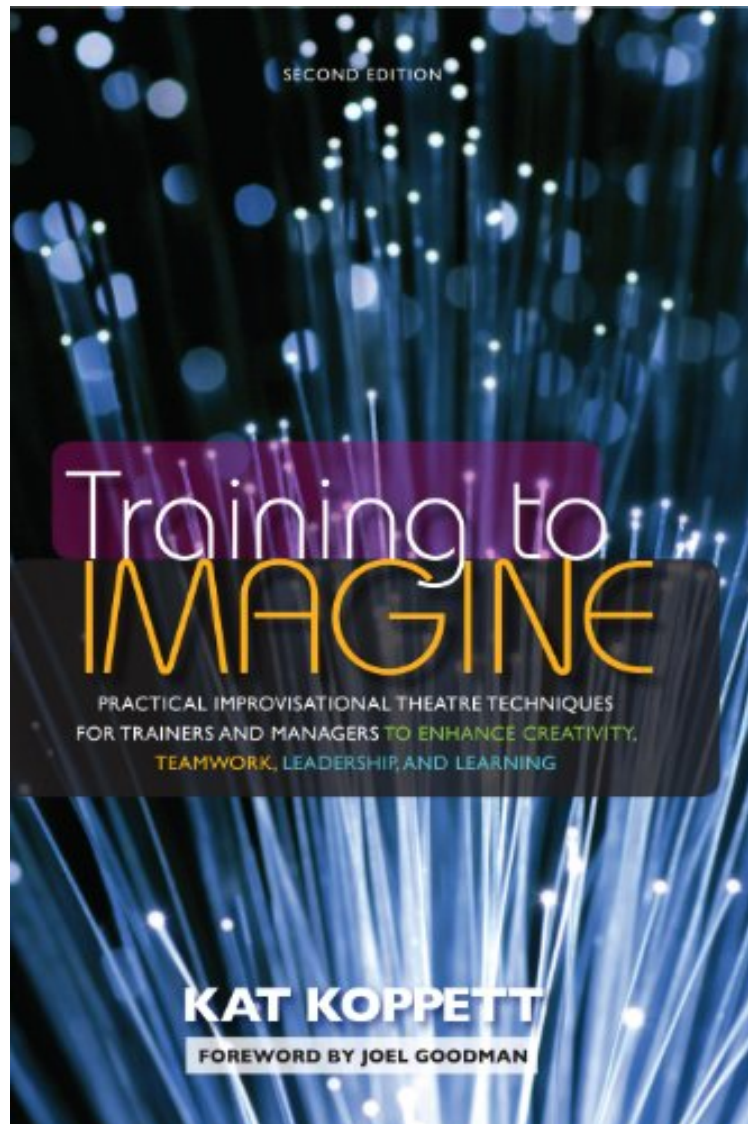


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Training to Imagine: Practical Improvisational Theatre Techniques for Trainers and Managers to Enhance Creativity, Teamwork, Leadership, and Learning

Kat Koppett

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Kat Koppett : Training to Imagine: Practical Improvisational Theatre Techniques for Trainers and Managers to Enhance Creativity, Teamwork, Leadership, and Learning before purchasing it in order to gage whether or not it would be worth my time, and all praised Training to Imagine: Practical Improvisational Theatre Techniques for

Trainers and Managers to Enhance Creativity, Teamwork, Leadership, and Learning:

Principles and improve-based activities to promote creativity and leadership. In this revised edition of *Training to Imagine*, Kat no longer has to call from the fringes. Clearly we are all performing, all the time, and business requires us to surf the waves of change. Why not get good at it? By outlining how the six core principles of improv apply to 21st century leadership challenges, Koppett shows how we can trust ourselves to create together, not just in the safety of a team activity but out on the frontiers of business performance. I have used over half the activities in this book with excellent results! The 'yes/and' principle alone has the potential to reverse negative patterns and spark upward spirals of trust, collaboration and excellence on any team." —Elizabeth Doty, author of *The Compromise Trap* Creating innovative products and game-changing processes, and adapting to new cultures and communication styles, have all become imperative for life and work in today's environment. Since publication of its seminal first edition, the principles and techniques pioneered in *Training to Imagine* have been widely adopted by organizations around the world, and have given rise to the field of Applied Improvisation. This new edition builds on the characteristics that made it the most comprehensive and most easy-to-apply resource for using improv in organizations.

About the Author Kat Koppett is the eponymous founder of Koppett + Company, a consulting and training company specializing in the use of improv, theatre and storytelling techniques to enhance workplace performance. She is a pioneer in bringing the lessons, philosophies, and techniques of the theater to corporations, with a special focus on creativity and communication skills. Kat holds a B.F.A. in Drama from New York University and an M.A. in Organizational Psychology from Columbia University. She was instrumental in creating the corporate training wing of Freestyle Repertory Theatre, in New York, and was the founding Corporate Division Director of BATS Improv, in San Francisco. In her nearly two decades of work in Applied Improv, Kat has designed and delivered training for companies including GE, Kaiser-Permanente, JPMorgan Chase, Eli Lilly, AAA, and dozens more companies internationally. A founding member of the Applied Improv Network, Kat is a sought-out speaker, coach, trainer, and author. Kat's articles on the use of storytelling in training have appeared in McGraw-Hill's *Training Sourcebooks*, and she has had articles published for National ASTD, ISPI, and TechRepublic. She has been profiled in the *Thiagi Gameletter*, published by Jossey-Bass. In 1995, *TheaterWeek Magazine* named Kat one of the year's "Unsung Heroes" for her creation of the improvisational theater format, *Spontaneous Broadway*, which is now performed regularly internationally. She currently serves as an Adjunct Professor at the Rensselaer Polytechnic Institute's Lally School of Management, and as Co-Director of the improvisational theater company, *The Mop Bucket Company*. A member of the National Speakers Association, Kat has presented for the American Society for Training and Development (ASTD), the North American Simulation and Gaming Association (NASAGA), the Rotary Club and the Young Presidents' Organization and countless other organizations nationally. Joel Goodman is founder and director of *The HUMOR Project, Inc.* in Saratoga Springs, NY. He is the author of 8 books, creator of *The Humor Project*, and recipient of the International Lifetime of Laughter Award. Joel has done presentations in all 50 states and on all 7 continents.