



## IMPROV FOR WORK ALL FUN | ALL BUSINESS

### ALL FUN

Looking for something different than your average team-building get-together? Want to engage your team in a way that is full of fun and laughter but also gives them valuable skills they can use to take their work to the next level? Learning improv together will reenergize your team and completely transform their dynamic. Stomping Ground will reawaken your team's sense of play through "adult recess" and have the group buzzing with energy; they will be more engaged and connected and will be communicating more clearly and directly. And they'll be laughing along the way...

### ALL BUSINESS

Improv skills are a game-changer for any industry. Improv allows us to try new things in a safe and supportive environment and encourages us to collaborate and create new ideas, break patterns, and be adaptable to any challenge that comes our way. The Stomping Ground Team has been working with businesses for over 15 years using the same techniques we use to create comedy to make teams better at what they do. Stomping Ground offers virtual or in-person team-building, skill development, and live entertainment - whatever you need to bust out of the doldrums, we've got your back.

## What our Clients are Saying

*"This workshop was fun, refreshing, informative, eye-opening! If enough people in an organization experience this, it will transform a culture."* -Southern Methodist University Staff Member

*"I had no idea how applicable Improv could be to not just everyday life but my role as a clinician"* -UTSW Psychiatry Resident

*"I was struck by the freedom and creativity that is released by spontaneity. This was the most engaging training we've had and it really got our team connected and collaborating for our strategic planning."* -Juliette Fowler Communities Leader

*"This was an excellent alternative to the usual style of training. I would definitely like to see more of this!"*  
-Dallas Presbyterian Hospital/Texas Health Resources Training Attendee

*"Thank you so much for leading our team through such an engaging, fun and educational training. We all walked away with tools to support better communication and a stronger team."* - Leadership at The Federal Reserve Bank of Dallas

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## What the Business World is Saying About Improv

Forbes Business Forum- [Why Improv Training is Great Business Training](#)

CNN Business- [Why Every Boss Should Take an Improv Class](#)

Harvard Business Review- [Improv Takes Practice](#)



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### BASIC

**Planning:**

Basic interactive improv activities will be chosen by an SG Corporate instructor for your training

**Training Focus:**

Improv Skills  
Team Building  
Connection  
Collaboration  
Fun!

**Length & Facilitator:**

1-2 Hour Training  
1 Improv Instructor

**Price:**

\$850-\$1500

### CUSTOM

**Planning:**

20 Minute Pre-Planning Meeting on key needs of your team

**Training Focus:**

Improv Skills  
Team Building  
Connection  
Collaboration  
Fun!  
Processing & learning on up to 3 skills based on key needs

**Length & Facilitator:**

2-3 Hour Training  
2 Facilitators: Improv Instructor & Psychotherapist, both with extensive experience in Organizational Psychology and Development Trainings

**Price:**

\$3000-\$4500

### CUSTOM DELUXE

**Planning:**

Multiple Pre-Planning Focus Meetings with guided exploration of key needs of team.

**Training Focus:**

Improv Skills  
Team Building  
Connection  
Collaboration  
Fun!  
Processing and learning on up to 8 selected skills based on key needs

**Length & Facilitator:**

2-4 Hour Training  
Option to Travel anywhere outside of Dallas, Texas  
2 Facilitators: Improv Instructor and Psychotherapist, both with extensive experience in Organizational Psychology and Development Trainings

**Price:**

\$5000-\$15,000

## Skills Our Clients Focus On In Custom Trainings

- Creative & innovative solutions
- Collaborating with coworkers & clients
- Soft skills for difficult interactions
- Public speaking & presentation skills
- Getting comfortable with the uncomfortable
- Infusing play & creativity into your work
- Managing through change
- Getting out of your own way
- Saying "Yes, and" to ideas
- Knowing when to Lead & when to Follow
- Shifting rules & expectations in the face of change
- Being present
- Leadership Skills
- Innovating the way you work
- Listening & responding to needs of employees & clients
- Stress Management and burnout tools

## Make an Impact

When you hire Stomping Ground, you become a social mission partner. Find out more at <https://stompinggroundcomedy.org/improv-for-work/>