

# Making it Up As You Go: How Improv Can Enhance Your Skills as a Teammate, Leader, and Pharmacy Professional

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# Conflict of Interest Disclosure

- I have no conflicts of interest to disclose

# Learning Objectives


- Demonstrate an understanding of the history of improv
- Interpret the improv principle of "Yes, and..."
- Illustrate the principle of "Yes, and..." verbally and its impact on communication, cognition, and teamwork
- Examine the principle of "Yes, and..." non-verbally and its impact on communication, cognition, and teamwork



*“We are trained to be clinicians...  
we are not trained to be human”*

# A Brief History of Modern Improv

- The origins of improv are in a settlement house in Chicago
  - Neva Boyd and the use of storytelling games to breakdown down ethnic barriers between recent immigrants at Hull House
- Viola Spolin studied under Neva Boyd and expanded the work of group play as a technique for teaching theater
  - Paul Sills (son), Bernie Sahlins, Howard Alk and The Second City
- Improv beyond the stage
  - A focus on communication and teamwork



## Yes, and...

- The concept at the core of improv
- Building momentum
- Collaboration

Let's get to the exercises!

# Paired Conversations

- Exploring the concept of “Yes, and...” through a series of conversations with a partner
- **Round 1**
  - Every sentence except the first sentence will start with the phrase “Yes, and...”
- **Round 2**
  - Every sentence except the first sentence will start with the phrase “Yes, but...”
- **Round 3**
  - Every sentence except the first sentence will start with the phrase “No...”






# Time Traveler

- Explain a piece of modern society to a person who has been asleep for over 300 years
- Working in pairs
  - **Person from the present** – you will be explaining an aspect of modern society to our time traveler in terms that they can understand
  - **Time traveler** – you are responsible for helping the person from the present know what you don't understand about their explanation
- Connecting with individuals who are different from us



# Machine

- Further exploration of “Yes, and...” through teamwork and collaboration
- We are going to be inventing a machine that could make our lives as pharmacist and pharmacy technicians easier



*“We are trained to be clinicians AND  
we continue to be human”*



# Sources

- WTTW Chicago Stories. *Inventing Improv*. Free to experience: viola spolin and the invention of improvisation.  
<https://interactive.wttw.com/chicago-stories/inventing-improv/free-to-experience-viola-spolin-and-the-invention-of-improvisation>