

ImprovWorks! of San Francisco, CA brings magic to The Netherlands...

Exploring the Creativity Beyond Your Limits



Saturday, March 19th
10am to 5:00pm

with Sue Walden of ImprovWorks!

A one-day workshop for people wishing to expand into their natural confidence, resourcefulness & spontaneous creativity.

The Workshop:

In the current climate of uncertainty, contraction and scarcity, the core skills of improvisation have become essential. We are challenged to expand beyond our habitual limits to be more innovative and more resourceful. The improv mindset perceives barriers as the opportunity to see new options and possibilities and frees us to be adaptable, versatile and mentally flexible.

By participating in this day-long workshop, you will...

- Identify observed and hidden blocks to your creativity
- Playfully bust 5 common limiting ideas
- Increase your courage and confidence to try things that you previously avoided
- Go home with new activities/exercises to use with your clients (and friends)

Be prepared to be excited, challenged and surprised!

What Participants Say about this Workshop:

"This workshop has had a long-lasting impact on how I think and feel about creativity and life in general. Over the course of the workshop Sue built a framework for understanding the blocks to creative expression that I found to be illuminating and profound. It was also great fun as Sue created a safe space within which we felt free to explore and have adventures."

~ Ellen Pruyne, Learning Consultant, London, UK

"Whether you're an actor, improviser, coach or trainer - there is something for everyone in this unique workshop. In addition to it being inspiring and great fun, the lessons you learn will be applicable to the real world the very next day"

~ Sital Ruparelia, Career & Talent Management Expert, London, UK

What Clients/past program participants Say about Sue Walden

"Sue Walden can get an entire room engaged and on their feet ready to learn. She is a mentor and an amazing trainer." ~ Lee Rodrigues, M.A.

"Sue provides simple, practical tools for your toolkit." ~ Linda Merchant, consultant, San Francisco

"Sue Walden is a terrific facilitator, who puts together totally engaging activities that always deliver a true learning experience." ~ Paul Z Jackson, consultant, The Solutions Focus, St. Albans, UK



Location: Vrijsschool Utrecht, Hieronymusplantsoen 3 -- 3512 KV Utrecht

Registration: Payment on invoice

€125 early bird paid by March 12th / €150 March 13 til 19th.

Limited space. Register: <http://www.f-act.com/suewalden/> in advance / cash on the 19th

Netherlands contact: Genna Wase jennywase@hotmail.com

Content questions? email Sue@improvworks.org