

Leading with the Serenity of Uncertainty™



Using Improvisation Techniques to Hone Your Leadership Skills.

Workshop description

Uncertainty is today's reality. Change happens very fast and generates unpleasant feelings such as discomfort or fear. How can we lead our lives, our projects, our teams to achieve the intended goal, when unexpected events force us to revise our plans?

There is an approach that brings serenity in such situation: letting go of the initial plan, being aware of the available resources at hand, listening to others' ideas, and building on them, exploring unconventional solutions and trusting intuition.

This methodology takes its inspiration from Improvisation Theatre, which is the art of acting without script or props: making everything up on the spot, in real time, following a set of principles and practices such as accepting sudden offers, focusing on the present moment and making your acting partner(s) look good.

Because talking about it is no substitute for the experience, in this highly interactive workshop you will have the opportunity to take part in activities from Improvisation Theatre to foster important skills that are transferable to the workplace at both individual and team levels.

This workshop will allow you to:

- Cultivate a positive attitude;
- Unleash your own creativity;
- Gain confidence while moving out of your comfort zone.

"Frederique's concept is
fabulous!"
U. Mayfield
Director Enterprise Licensing
SAS Institute GmbH

Looking for an enjoyable learning experience?

Information:

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This public workshop can be
customized to your company's
goals and facilitated at your
site as a tailored workshop
from half a day to 2 days.

Facilitator:



Frédérique Thiriet-Smith has worked in international companies for over 25 years, successfully leading multicultural teams with various reporting structures: standard, virtual and distributed – and combinations of these.

What drives her is a love of facilitating change, cooperation and communication while focusing on the human aspects.

She is a French national who has lived in Germany since 1999.

Early in her professional life, as IT project manager, she realized that the key element for a successful project is the people involved — both the development team and the business users. So while making sure that projects complied with the business requirements, she poured her energy into mentoring team members, developing team spirit and stimulating communication with all departments involved, thereby ensuring business users' confidence in new ways of working. In the process, she developed a passion for people development and knowledge exchange on a worldwide scale.

Several years ago, she was captivated by the Improvisation Theatre technique, which she now uses along with other playful activities as an inspiring and compelling tool for personal development, team building, creativity, leadership and communication skills development.

She promotes the use of experiential learning techniques to develop and improve those competencies at international companies.