



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

*Kat Koppett*

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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 ‘surfing’ 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.

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