

# IMPROVE with IMPROV



Whether you are an entrepreneur promoting your business or an activist promoting a cause, success depends upon the ability to present your message with confidence and ease.

Memorizing speeches or preparing PowerPoint slides can only take you so far. When you run into a potential lead or client in an unexpected place and time, you have to be able to wing it!

Improvisation can help you

- Re-connect your mind with your body
- Feel calmer under stress
- Free up your voice and project more effectively
- Communicate your passion more easily
- Increase your confidence when speaking in a group
- Break down the divide between work and play
- Stop worrying about being “right” or “perfect” or “good enough”

Plus, it's FUN!

In addition to improvisation games and exercises, this three-week workshop will include before-and-after videos and homework assignments designed to help you hone your message and deliver it clearly and effectively, anywhere, anytime!

Leader Eris Weaver is a facilitator, trainer, speaker, and performer known for her humor, clarity and forthrightness. Register online at [www.erisweaver.info/regform.html](http://www.erisweaver.info/regform.html). For more info, contact Eris at 707-338-8589 or [eris@erisweaver.info](mailto:eris@erisweaver.info). Directions will be provided upon registration.

**Tuesdays Nov. 3, 10, 17    7:00 – 9:30 pm    Cotati    \$125**

