Getting To “Joy”

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Yes, And...

• Improv isn’t just a type of comedy
  – It is a communication tool
  – And a creative problem-solving skill
  – That begins with the base of “Yes, And”
• Used by Fortune 500 companies, emergency responders, educators, career coaches (including me!), corporate consultants
• Say Yes to the Mess
The Rules For Today

• Do Not Correct
• Do Not Interrupt
• Listen
• Accept
• Don’t Force the Funny
• Be Kind: This is a safe space

So, First... Everyone Who is Able, Please Stand Up.
Where We Are Headed

• Listen
• Reincorporate
• Build
• Collaborate
• Make Them Look Brilliant

Yes =

– Acceptance
– Acknowledgement
– Respect
– Encouragement
Game Break

So, Back to Yes, And:

• Yes, And:
  – It is a mindset that is open, willing to entertain a new/different idea
  – Appreciates and encourages experimentation
  – Looks for possibilities, what COULD work
  – Respects and honors differences
  – Is solutions-focused
  – Is curious
More Games!

Collaborating in Communication

• Who all is involved in communicating?
• What is the biggest mistake we make?
• How do we make it more collaborative?
But Wait, There’re More!
(Games, that is...)

The Big Monsters

• Very few people feel comfortable with public speaking.
  – #1 fear? Public Speaking.
  – #2? Death.
  – Why is public speaking so scary?
• People can tell if you’re scared to fail when you walk into a room
• Be willing to share
  – The universal: “big wads of yuck”
BUT FIRST! Stress-relievers

- Heel Bounce
- Big Yawn
- The Taylor Swift
- Raise eyes to the ceiling
  - Not the same as rolling your eyes...
  - I’m sure some of our PIs could explain why this works
- Cross-over
- Monday Night Rumble

Now: more games, this time with more bravery
More Easy Stress Relievers

• Stretch
  – No, really, stretch
• Focus
  – Me, you, combo
• Pressure Points
• Karate Chop
• Gratitude Alphabet
• Gratitude Balloons

So, from here...

• ...what do we take away?