

## Principles of Improvisation

There are eight principles of improvisation:

1. Trust that all will be ok in the end
2. Acceptance of the "Unknown" and run with it
3. Attentive and fully engaged listening
4. Spontaneity and risk go together – "Yes you can!"
5. Storytelling and creativity without placing restrictions
6. Nonverbal communication is a must
7. Warm-ups – let's get more comfortable throwing out fear and increasing trust
8. Playfulness, humor, and letting your "being right" side fade away