



Flappers Comedy Club
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Corporate Team Building Overview

TEAM BUILDING

Corporate leadership is all about motivation and connection. You will learn fun, challenging, and engaging improv exercises to motivate and bond your team(s). Improv games illustrate what it means to see communication all the way through, take ownership of a project, and listen to new ways of interacting with corporate culture and discovering new innovative ways to work with others. Thinking on your feet, listening, and accepting, all facilitate a higher level of innovation and results.

The list of games below are based on suggestions that can be tailored and or customized for your company, retreat or event. We have numerous instructors available to teach the team building exercises. Each one of our successful instructors is not only a Comedy professional, but have also worked in the corporate environments themselves. All of the exercises are taught in a friendly and fun atmosphere, being careful not to exclude anyone from the group. Even for those who may seem introverted, these games are light and fun and bring out that sense of play in all of us. This will be one of the most memorable experiences you've ever been involved with.

PROGRAM GOALS:

- Educate participants about the fundamentals of improv
- Show how those fundamentals are transferable to real life situations of leadership and corporate culture
- Provide students with a set of improv exercises to serve as a foundation for continued exploration
- Use improv exercises to facilitate specific action that represents innovative leadership on a micro-scale
- Lead a talk back that allows participants to discuss how these actions can directly impact their corporate leadership teams

PROGRAM ASSESSMENT: The session conveys the fundamentals of improv in regards to leadership and corporate innovation. Below is a list of exercises and resources for continued exploration. The talk back will verbally process how the exercises relate to a specific concepts and how that is applicable on the broader scale of corporate innovation. Participation in the activities intrinsically engages the participants in the acts of listening, accepting, and generating ideas.

EXERCISES: (YOUR PROGRAM WILL CONSIST OF A COMBINATION OF THESE EXERCISES)

INTRODUCTIONS- Each participant introduces themselves then again, as a character (or with an accent), then again, with one sentence that reveals something about them, then again, as someone else. The comparison from the first time to the last time is incredible especially after practicing their own introduction, seeing how many options they now possess to introduce themselves, and they learn how to handle themselves for different 'audiences' (e.g. corporate partners, clients, social settings etc.).

NAME SLAM- The group creates a rhythm by clapping and slapping the thighs. Energy will move around the circle, with one person speaking at a time. Each time the person with the energy slap their thighs they will say their own name, and then say someone else's name, and the energy moves to the person whose name was said. Then the pattern continues.

RESULTS: Teaches assertive handshakes, proper greetings, and how to deal with diverse clients and social settings.

VROOM- Everybody is in a circle. Start with one person, who waves both hands to his/her neighbor, saying `Vroom`. The next person passes the Vroom to his neighbor, and that way the Vroom is passed around the circle.

There are 3 other sounds/movements that can be made.

- "Eeek": It sounds like car breaks. Instead of passing the Vroom to your neighbor, the energy changes directions. The receiver continues with either a Vroom to his neighbor, or another break sound to another person.
- "Car Horn": To pass across the circle, the person with the energy points at someone and sings a song like a car horn.
- "Firedrill": indicated by screaming "firedrill". Everybody starts screaming and moves to the center of the circle. When everybody's freaked out a new circle is formed, and the starter of the Firedrill sets the Vroom in motion again

RESULTS: Teaches how to successfully receive and pass on information to team members.

DR. KNOW IT ALL- Line up the 3 actors shoulder-to-shoulder facing the audience. The moderator can take any on-stage position as long as he/she is not between the actors and the audience. The topic prompts are questions to be asked to the actors. The moderator calls on an audience member to ask a question of the actors. The actors alternate, speaking one word at a time, until they form a complete sentence answer to the question.

RESULTS: Learning to cooperative effectively and work together to achieve a collaborative outcome.

STORY CHORUS- Players form a line on the stage. A title for a story, and a story genre is obtained from the audience. The MC starts the game by pointing to a player, who needs to start telling the story. At any point in time the MC can switch to another player, who needs to continue the story flawlessly, even if the switch happened in the middle of a sentence or even in the middle of a word.

RESULTS: Understanding how to make your contributions effective, and understanding both giving and directions.

CHARACTER CIRCLE- Players stand in a circle. Anyone can enter the circle as a character. They say a small phrase of movement to indicate the character. Then the circle repeats the actions or words the person in the middle has said/done and becomes that character.

HITCHIKER- Arrange a set of chairs three in a line. Seat all but one of your players, as a driver and passengers, while leaving one passenger seat open. Pick up one player as a hitchhiker. This hitchhiker will exhibit a quirk of personality or behavior, anywhere from being a drunk to giving birth to being a deaf rock guitarist. Have the other players in the car take on the same personality as the hitchhiker, in their own way. Play to your heart's content, generally for several seconds or up to a minute. Have the driver make up an excuse to exit the vehicle. Rearrange the remaining passengers to the same seating configuration as in Step 2, so as to leave one passenger seat open. Pick up a new hitchhiker, who will exhibit a new and unique quirk.

RESULTS: Accepting offers that have been presented and seeing an idea through to completion.

SLIDE SHOW- Decide which players will be presenting and which players will be in the slide show. You'll need at least two people in the slide show, so if you only have three players, pick one as a presenter. Otherwise, have two presenters and put everyone else in the slide show--the more the merrier! Start the scene with a chair or two towards the middle of the stage, and everyone in the slide show off to the side of the stage. If you are the presenter, you'll want to be sure you're facing the people who are your slide show. Explain that you are going to show off your vacation pictures. Get the suggestion from the audience of a place you went on vacation. Say "Here's the first slide," and then point at the slide show people with an imaginary remote and say "Click!" This will be the signal for the slide show people to assemble themselves into a weird pose for a photograph. Begin describing the picture and reminiscing about the time that you took it. Be creative. People don't have to be people; they can be animals, vehicles or furniture. The people in the slide show picture must stay frozen in that pose. Leave time for your co-presenter to talk about the picture, too, if you have a co-presenter. Introduce the next slide, and then repeat Steps 6 and 7. The slide show people will then reassemble themselves into a new pose when you say "Click.". Continue introducing new slides until you feel you have done enough, and then end the scene.

RESULTS: Group Synergy, generating thoughts and ideas and translating them to a cohesive and effective outcome. .

SCAVENGER HUNT - We give teams a list of items to search for within the hotel or venue. Items can be related to individuals within the company or to the venue itself. There is a time limit to find all the items.

RESULTS: Being resourceful, working in larger and smaller groups, designating a leader, having a positive competitive nature, taking orders, and always HAVING FUN.

SURVIVAL GAME- We give them 5 different objects (not real, on paper or paper cut outs) and as a group they have to survive after we drop them off in a desert. What is the most important object, does someone leave and go for help, does one person become a leader, and do you need one? Then we break them into smaller groups and try it again (with 5 different objects) and the difference with the knowledge that they learned in the bigger groups is incredible.

RESULTS: Working with others may help you accomplish more than working alone!

TRIVIA GAME- We give them 5 different objects (not real, on paper or paper cut outs) and as a group they have to survive after we drop them off in a desert. What is the most important object, does someone leave and go for help, does one person become a leader, and do you need one? Then we break them into smaller groups and try it again (with 5 different objects) and the difference with the knowledge that they learned in the bigger groups is incredible.

RESULTS: Discovering that everyone in the group has something to contribute

VISUAL PHYSICAL TEAM GAMES-Placing balls into buckets without using your hands, untangling ropes with knots.

RESULTS: Understanding your physical limitations and how to accomplish a task despite challenges.

SPOILER- We have two teams, but Joel and I are in each of the teams being a 'spoiler' - as in tough to get along with, won't play with the others, just being difficult. The object of the rest of the team is to convince us to be part of their team or figure out a way to get us to help them accomplish their task. Will they use bribes, will someone pull us aside and talk with us frankly, and will we be ostracized? They will learn the skills to deal with non-team players.

RESULTS: You may not be able to change someone's attitude or demeanor but you can create a civilized working condition and find a common ground to accomplish a job task.

TEAM LEADERS/FACILITATORS

Deven Green- is a former professional figure skater whose triple-gold medal status is memorialized in her hometown located in the Arctic of Canada! Her sizable comic talents landed her in Toronto where she shot numerous commercials and movie spots before hitting big with a lead in CBC COMICS! Since moving to LA in 1996 she has won the Best Female Improviser / Sketch Comedy Performer a record 8 times at The LA Comedy Connection. Notable performances include: leading roles on SPY TV on NBC, ENTER AT YOUR OWN RISK with Harland Williams, WHO DO YOU THINK YOU ARE? With Dave Coulier, hosted WORLD'S FUNNIEST JOKE, voiced the cartoon DANTE DIABLO, and had two, week-long Xerox-sponsored shows at Comdex in Las Vegas. Deven is yet another comedic gem from a long list of Northern talent.



Joel Bryant- has been performing since childhood in his hometown of Albuquerque, New Mexico. He started performing stand-up comedy at age 14 and was named Outstanding Actor by age 17. Since moving to LA in 1993 and graduating from Pepperdine University he has been seen on-stage at the Edinburgh Fringe Festival, Texas Shakespeare Festival, in "Terminal Café" with Neil Patrick Harris, danced "the Nutcracker" with Moira Sinise, and many other notable stage credits. He has been in 12 independent features over the past two years, 8 national commercials, and TV pilots for HBO and NBC. Joel continues to shine in improv and headline in stand-up while jumping from lead to lead in feature films.



Gillian Bellinger- Gillian Bellinger is very fancy and has a BFA from Hamline University and conservatory studies at The London Academy of Theatre and The National Theater Institute.



She has been a corporate facilitator for AT&T, Cargill, and Best Buy to name a few. She is the writer and producer of *Cougars! The Musical*, as well as a writer for the most subscribed Youtube show ever, "Equals Three" with Ray William Johnson. She is the principal actor in commercials for Harris Bank, Time Warner, North Shore Healthcare, and Unitrin Auto Insurance. Gillian stars in Red Letter Media's "Feeding Frenzy", a comedic horror flick. An Acme Comedy Club's Twin Cities Funniest Stand-up Semi-finalist and California's Funniest Female Finalist, Gillian has opened for James P. Connelly, Laurie Kilmartin, Tom Clark, and Tom Rhodes. She was an ensemble member with The Second City Hollywood Bench, Twisty: The Second City TC House Ensemble, The Second City TC Musical House Ensemble, Minneapolis ComedySportz, Chicago ComedySportz, Laugh Out Loud Theater as well as many more.

Shannon Gettins- Shannon has been wowing audiences as a club and corporate comedienne for the past decade. Her raucous humor and sharp comedic insight won her top spot at the



California Comedy Conference in 2006, and took her all the way to the finals of California's Funniest Female in 2007. Her work has received critical acclaim, including a rave review in the Wall Street Journal online. In 2005 Shannon began coaching at Judy Carter's Comedy Workshops and two years later she launched Comedy Relief, teaching stand-up comedy and Improv to adults and teens all over Southern California. She is now the "Dean" and stand up teacher at Flappers University in Burbank, CA. Shannon's talents don't just limit her to the stage; she regularly writes customized comedy material for comics, professional speakers, and CEO's across the country.

Barbara Holliday - Barbara Holliday owns and manages two successful comedy club &



restaurants in both Burbank and Claremont. She is also a successful and established Talent Manager and booker. She believes her multi-talented capacity for business, producing and performing and is a result of being raised in a thoroughly **mobile**, adaptable "left brain/right brain" family. She graduated from San Diego State University with her CBEST certification and a degree in Theater Arts (Hon.) English minor in 1989, she was headed for a high school teaching stint but ended up getting cast instead as a Kid's Club Host and Producer "Roxy the Fox" for Twentieth Century Fox on the highly-rated television program *Fox Kids Club* in Oregon. The show allowed Holliday to hone her producing & creative writing skills on some of the toughest guests around—young children and animals. Barbara wrote and produced, and starred in over 350 shows. Some her clips have been featured on *World's Funniest* and other major network shows. Since moving to Los Angeles in 1993, Holliday started a Computer Training business that catered to the entertainment industry, has been on Eleven Game Shows, performed in films (*Naked Gun 33½*) and television shows (*Friends*, *The Dating Game*, *World's Funniest*), on stage (*Funny Girl*, *Hello Dolly*, *West Side Story*), in theme parks (*Magic Mountain*) and as a stand-up and sketch comedian (*The Comedy Store*, *The Icehouse*, *IGBY's*, *Mr. B's*, *Ha Ha Café*, *The Improv* and various other Showcases throughout the country. She has also worked as

a Clown, and balloon artist at local theme parks, as well as being the Producer and Co-Creator of the Live Stage Shows: Uncle Clyde's Comedy Contest, Jokeyoke, and Survival of the Funniest. Her unique understanding of what the entertainment industry needs in terms of creative and technical instruction with a creative flair has helped her gain the respect and business of the major entertainment companies. Her clients include: Warner Bros., Paramount, NBC Universal, LA Philharmonic just to name a few. Not only is she a credentialed Teacher in the State of California, she is a member of MPI, SAG, NACA, APCA, and AFTRA as well as the Burbank Chamber of Commerce, ASTD, and the National Association of Female Executives (NAFE).

**For booking Information, contact Barbara Holliday, 818-845-9721,
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