

What Comes Next?: Improvising Our Way Through Uncertainty

The script is constantly being reinvented. Let's *consciously* improvise our lives. The core competencies of improv: **Let Go | Notice More | Use Everything** (Robert Poynton). It means... less push, more pause, better results.

Let go: What do I need to let go?

- Follow the fear: it seems like the simplest thing in the world, but the scariest and most difficult at all once. Sometimes we just have to gulp and jump right in.
- Learning to let go of our plans, scripts, expectations (plan vs. prep)
- Learning to check our assumptions, pre-conceived ideas, or judgments about what this *should* be, how one *should* respond, or what *should* happen (be careful not to *should* yourself in the pants)
- We need to co-create solutions with others. We need to learn to discover the way together. We can't map it out until we get there.

Notice more: What do I need to notice, pay more attention to?

- First show up (take initiative). Second pay attention.
- Learn to listen... really listen. Get out of your head or you'll miss something really important in the moment.
- Use "sense and respond" vs. "command and control". Think about recognition and willingness as needed skills in crisis.
- If we can learn to expand our sphere of awareness, we can see what may have been previously invisible. Inspiration can come from anywhere.

Use everything: What's already here than I can use?

- Learning the principle (not rule) of Yes, And. This is about agreement and support—affirm and contribute.
- Learning how to make mistakes work for us (resilience).
- Learning to see the familiar differently (possibility, optimism).
- We can learn to wake up to the gifts already around us. Everything is an offer... stuff happens and we can choose how to use it.

Additional improv tenets and principles:

- Yes, And. Accept the current reality, agree, and generate agency in self/others.
- The Ensemble. Care for your partner(s). The health of the group matters.
- Co-Creation. Be open to others and their contributions. Collaborate.
- Authenticity. Willingness to be and share vulnerability. Respect and sincerity.
- Failure. Demystify failure. Cultivate the courage to use mistakes productively.
- Follow the Follower. Bridge relationships. Think in terms of we, team.
- Listening. Think of it as a muscle... it fosters empathy, compassion, trust.
- Play. Cultivate ways of playing together to sustain learning and growth.