

# FREE FAILING



OUR MISSION:

## ALWAYS ADD VALUE



“Success is failure turned inside out. If you're afraid to fail, you'll never succeed.”

Any successful entrepreneur knows that failure is a natural component of the practice of doing business. In order to become a master in any endeavor, one needs to fail often and fail freely. Taking risks and moving beyond your comfort zone is an essential part of success. In FREE FAILING, we learn that in life as in improv, there are no scripts, failing is inevitable but if we can embrace it, we will realize that failure is opportunity for something truly magical to happen.

### OUTCOMES



- Facing Your Fears
- Embracing Failures
- Confidence Building
- Facing Your Fears.
- Being Brave
- Trust Initial Impulses
- Finding Your Inner Voice
- Quieting Your Inner Critic
- Mastering The 5 Second Rule
- Don't Think! Just Do.

“I truly enjoyed the session, learning to "let go" is sometimes difficult, however, you created an environment where we felt comfortable to do so.”

Adriaan Adriaanzen, Transactional Banking Associate, Standard Bank

“Really great application for developing and inspiring team effectiveness in the workplace. I learnt to be brave and believe in my ideas.”

Ivor, Manager - Ernst & Young



MEET YOUR

## FACILITATOR

CLAUDINE ULLMAN



Claudine is an expert facilitator. Claudine travelled widely, refining her craft at top international performance schools such. She has received specialist improvisation training at renowned American schools such as The Second City, Improv Olympics (US) and the Magnet Theatre, where she trained under Improv guru Armando Diaz. Claudine has delivered key note presentations on the benefits of improvisation. She presented "Improv Your Life" at TEDXJHB 2016.

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## IMPROV COMEDY PACKAGES



# DYNAMIC TRAINING

“Absolutely loved it. It's bloody clever, funny and crazy. If you're looking for something fresh do it, do it, do it!” – Tiffany Markman, Freelance Copywriter

# POWERFUL PRESENTATIONS

“The agency that presents the best usually wins.”

PRESENT LIKE A PRO is an energetic and immersive training experience. The course is designed to give participants the tools necessary to present with confidence and authority, while building a more trusting relationship with colleagues and clients. Participants will learn the delivery and presentation building techniques required to become a master influencer, an expert conversationalist and a powerful presenter.

## OUTCOMES

- Vocal Manipulation
- Power Postures
- Confidence Building
- Quick Thinking
- Mastering Influence
- Winning Your Clients Trust
- Power Talk Structure
- Effective Communication
- Learning to Ignite Curiosity & Inspire Others



So glad to have you on board training our Creatives. Looking forward to building this relationship for many years to come!” Liesl Damien-Harris, Learning & Development Manager, Ogilvy & Mather

“A successful team is a group of many hands and one mind.”

## OUTCOMES

- Listening & Responding
- Trust
- Playing a Supporting Role
- Manage Challenge More Effectively
- Communicate More Effectively in Crisis
- Developing Group Mind
- Positive Collaboration
- Creating Meaningful Relationships

“This is hands down the best team building session I’ve ever done! Claudine was amazing! I had so much fun with my work colleagues, eventually I was in tears with laughter. It really does get you out of your comfort zone! I highly recommend it!” Samantha Maris, Mann Made Media

The act of improvising is typically not done alone, since interaction is a key component of the process. This is why improvisational activities are excellent vehicles to help groups or “teams” interact effectively. Team building through improvisation is both fun and effective in helping presenters understand the dynamics of human interaction.

THERE'S NO 'I' IN TEAM  
**TEAM**

# EFFECTIVENESS



# CREATIVITY KICKSTARTER

“Creativity is intelligence having fun”

Creatively speaking, comedy improv training acts as an extreme workout for brainstorming, working from top of mind consciousness and quick thinking. As you condition yourself to do so, the quality of the ideas you produce will improve at a similar rate.

CREATIVITY KICKSTARTER not only develops your personal ideation, it knocks your creative potential right out of the park. Our out-the-box, off-the-cuff training techniques will ensure that you have tools to ideas keep flowing.

## OUTCOMES

- Idea Generation
- Top of Mind Consciousness
- Creative Brainstorming
- Finding Your Inner Creative Genius
- Play
- Quick Thinking & Adaptability

“Getting energized, being creative, active and doing the unusual. An excellent contrast to the corporate experience.” Elizabeth, Senior Manager - Ernst & Young

“Jittery Citizens, thank you for helping me find my inner creative genius .” David Kibuuka, Head Writer, The Daily Show with Trevor Noah

