



MARKETING
INSTITUTE OF
SINGAPORE
Training Centre

EXECUTIVE DEVELOPMENT PROGRAMMES

JUL - DEC 2009



COMMUNICATIONS

Improvisation for Team-Building



Why You Should Attend This Course:

Improvising simply means coming up with a solution to a problem on the spot. Theatrical improvisation is the art of developing scenarios, scenes and stories without a script. Fundamental improvisation exercises, always done in pairs or groups, not only enhance our mental agility but also test and strengthen our engagement and integration in a team.

How do they do this? Improvisation exercises are only successful when we are comfortable doing four important things:

- Listening attentively
- Accepting others' ideas
- Supporting these ideas
- Confidently offering ideas of our own

In fact, these exercises depend on exactly the type of communication that smooth, satisfying teamwork requires. And this makes them *perfect* for building high-performing teams.

This practical, entertaining one-day course offers participants very engaging tools for improving their own team behaviour as well as for encouraging it in others. Participants learn to lead and to follow, to give as well as to take, and to know which to do, and when.

Learning Outcome:

At the end of this course, you will:

- Have a greater awareness of the tendencies that limit your own success in teams
- Be more aware of your communication strengths
- Develop your ability to offer useful ideas and employ those of others
- Possess a useful, fun set of tools for promoting communication, creativity and productivity in your own team
- Remember the importance of play and positive thinking in group bonding as well as in personal development

Course Outline:

Warming up the mind, connecting with the group

- Getting out of a mental rut
- Becoming sensitive to the group
- Simple give and take

Physical exercises

- The brain-body connection
- Making clear physical offers – for the team
- Saving each other
- Full-body creativity

Verbal exercises

- Tapping into your mental database
- Accepting – and loving – unpredictable problems
- Building group stories

Team challenges

- Speaking with one voice
- Jumping through time and space
- Marketing 'impossible' products

Trainer's Profile

Alison Lester, author of *Present for Success: A powerful approach to building confidence, developing impact and transforming your presentations*, has a decade of experience helping people to express themselves clearly, confidently, creatively, and successfully. Based in Singapore, she has facilitated communication skills training programmes in countries as diverse as China, France, Czech, the United States, Korea, India, Switzerland, Thailand, and Denmark.

Alison has developed programmes for a wide range of companies and organisations including CNBC Asia, McDonald's, IDC, DDB, Bossard, AXA Private Equity, Prudential, IQPC, American Express, The Singapore Institute of Management, and the Young Presidents' Organisation.

Performing regularly with the Singapore-based improvisational comedy group, The Madhatters Comedy Company, she combines comic talent with interpersonal skills to guide clients toward more effective and more satisfying levels of engagement. She also teaches improvisation to musical theatre students at LASALLE College of the Arts.

In September 2006, Alison's collection of short stories entitled *Locked Out: Stories Far from Home*, was published in Singapore by Monsoon Books.

She has a Bachelor's degree in Chinese language and literature from Indiana University in Bloomington, Indiana, where she also studied music, and a Master's degree in Chinese studies and economics from the Johns Hopkins School of International Studies (SAIS) in Washington, D.C. She speaks Mandarin, Japanese and French.

Date: 3 Sep 2009

7 Dec 2009

Time: 9.00am – 5.00pm

Venue: Anson Centre, 51 Anson Road #03-53

Course Fee:

- S\$420.00
- Excludes GST
- Lunch and refreshments will be provided
- MIS Members enjoy 15% discount

FOR COURSE ENQUIRY

Web:

www.mis.org.sg/seminars

Email:

seminars@mis.org.sg

Tel:

6327 7586

Fax:

6327 9741

REGISTRATION FORM



EXECUTIVE DEVELOPMENT PROGRAMMES

Register online at www.mis.org.sg/seminars or fax form to 6327 9741

Register for 3 or more participants and enjoy 5% discount!

Improvisation for Team-Building

3 September 2009 7 December 2009 (9.00am to 5.00pm)
S\$420 (subject to 7% GST) Includes lunch and refreshments

Participant(s) Name	Designation	E-mail	Contact No.
1)			
2)			
3)			
4)			
Company:			
<input type="checkbox"/> Member (MIS Membership No):		<input type="checkbox"/> Non-Member	
Billing Address:			
Contact Person:		Designation:	
Tel:		E-mail:	
How did you know about this course? (You may tick more than one)	<input type="checkbox"/> Brochure <input type="checkbox"/> Search Engines <input type="checkbox"/> MIS Website/i-marketer Portal <input type="checkbox"/> Events/Activities <input type="checkbox"/> Print Ads (pls specify publication): _____ <input type="checkbox"/> E-mail Flyer (pls specify sender): _____ <input type="checkbox"/> Word-of-Mouth/Recommendation (pls specify): _____ <input type="checkbox"/> Others (pls specify): _____		

Administrative Details

Registration & Payment

A place will be reserved for you upon receipt of your registration. After which an email confirming your reservation will be sent 2 weeks before course commences. Please make your payment either by Cheque or Giro (within 60 days from course date) when you receive our invoice. All cheques should be crossed and made payable to "Marketing Institute of Singapore Training Centre" with the invoice no. indicated at the back of the cheque. GST is not applicable for registration from companies registered overseas.

MIS Member Discount

Corporate and Individual Members of the Marketing Institute will be entitled to a 15% discount on all Executive Development Programmes. For membership enquiries, please email: membership@mis.org.sg.

Group Discount

A 5% discount for sending a group of 3 or more participants to the same course on the same date.

Custom-Design Courses

Courses can also be custom-designed to match your department or organisation's specific learning requirements. Please contact us for further enquiries. Email: seminars@mis.org.sg or call 6327 7583/582/586.

Withdrawals

There will be no cancellation fee if notice of withdrawal is given 14 days before commencement of course, after which a cancellation fee of 25% of the course fee will be levied. The full fee will be charged for withdrawal or no-show on the course commencement date. Replacements from the same company are allowed.

Cancellation

Marketing Institute of Singapore Training Centre reserves the right to change or cancel the training course due to unforeseen circumstances.

Course Venue

All courses will be held at MIS City Campus, Anson Centre, 51 Anson Road #03-53 Singapore 079904 unless otherwise stated.

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Web:
www.mis.org.sg/seminars

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6327 7586

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