HAPPY HOUR IMPROV class

CORPORATE TEAM-BUILDING WORKSHOP

YES, AND... AT WORK

Spontaneity you can take back to work

The fastest way to build a team that **listens**, **adapts** and **has each other's backs**? Play. This high-energy improv workshop uses the core rule of improv, **"Yes, and,"** to help teams build on each other's ideas, think on their feet and laugh together.

WHAT YOUR TEAM GETS

- **Collaboration:** build on ideas instead of shooting them down
- **Spontaneity:** think faster and stay calm when plans change
- **Active listening:** really hear teammates, not just wait to talk
- **Confidence:** speak up, take creative risks, be yourself
- **Connection:** shared laughter that breaks down silos

HOW THE SESSION FLOWS

1. **Warm up.** Quick, low-stakes games that get everyone laughing in minutes.
2. **Yes, and.** Partner exercises that turn "no, but" into "yes, and."
3. **Spontaneity drills.** Fast-paced games that train quick thinking.
4. **Play together.** Group scenes where the whole team creates something from nothing.
5. **Debrief.** We connect every game back to how your team works.

FORMATS

SPARK
60 MIN · ZOOM

A fast, feel-good jolt of energy and connection for remote or hybrid teams

SIGNATURE
90 MIN · ZOOM OR IN PERSON

The full workshop, with deeper "Yes, and" work and a guided debrief

CUSTOM
2+ HOURS · IN PERSON

Offsites and retreats, tailored to your team's goals and challenges

No experience needed. No one is ever put on the spot alone. Everyone plays at their own comfort level. Ideal for groups of 8–40; larger groups on request.

PERFECT FOR

HOLIDAY PARTIES · TEAM OFFSITES · ONBOARDING · REMOTE TEAM BONDING · LEADERSHIP RETREATS · KICKOFFS · BRAINSTORM PREP

JUSTIN ANTHONY LONG

your facilitator

Professional improviser who has performed at NYC's **Gotham Comedy Club**, **New York Comedy Club**, **Broadway Comedy Club** and **Stand Up NY**. Upright Citizens Brigade-trained, with 19 years teaching ages five to adult. Founder of Happy Hour Improv, online since 2020.

LET'S PLAY!

BOOK A WORKSHOP

justinanthonylong.com · @justinanthonylong