



Bio: Rebecca Stockley (www.improv.org) is a co-founder of BATS Improv and was Dean of the BATS School of Improv from 1992 to 2003. She has been designing and teaching improvisation workshops since 1984, leading improv theatre workshops for American Conservatory Theatre Advanced Training Program, the Oregon Shakespeare Festival, and the Berkeley Rep School of Theatre among others. Her book, *Improvisation Through Theatre Sports*, provides a curriculum for teaching improvisation to young people. Rebecca is a pioneer in the application of improvisation to the world of business. Clients include the Apple Developer Academy, Stanford University School of Business, Disney Feature Animation, and Pixar Animation Studios.

ArtSeed Statement: *“BATS Improv contacted me and asked me to lead an ArtSeed workshop upon the recommendation of the founders of Budding Artist Foundation, Carla Hatley and William Hall who sponsored six students and gave a hands-on presentation during ArtSeed’s Fine Arts Summer Intensive 2022. We all wanted to share with ArtSeed the benefits of improv: the brainstorming skills, the ability to tolerate expressive risk, how to diminish social anxiety and gain confidence in presenting or pitching your work.”*

WORKSHOP DATE AND TIME:

Saturday, September 24th from 2 p.m. to 3:30 p.m.

Artist: Rebecca Stockley

Title: Fun, Collaboration and Teamwork

Preparation: No preparation or materials required. (Everyone got “Yes! and,” buttons and “The Story Spine” handout!)

Introduction / Goals: In Rebecca’s BATS@Work workshop, you will engage in a variety of activities and games to explore key collaboration skills. In addition, Rebecca will introduce, highlight and provide practice in the conditions that make positive group dynamics more likely.

Starting with fun, playful games and group activities, the workshop activates engagement, and provides practice in activities that are key to collaboration and brainstorming.

Activity: Fun, playful, low stress interactive exercises and games such as counting to three in pairs.

Vocabulary: Listening, Adapting, Building on the ideas of others, Collaboration, Brainstorming, “Yes, and...”

Closing: Games show how you can lower your own social anxiety or stress. They can also teach you to focus on the collaborative task at hand instead of “trying to get your part right”.

Successes: Twelve participants stayed after to write thank-you cards to Rebecca expressing the fun they had and the insights they gained.

Challenges: Make your partner look good. Start positive.

1) VIDEO

This is an online (Zoom) performance from October 2020. It’s on YouTube.

<https://www.facebook.com/batsimprov/videos/328566308245411>

CA State Standard(s): K.MU:Cr1, 2.MU:Cr1, K.MU:Cr3.2, 1.MU:Pr4.2, K.MU:Pr6

RELEVANT ARTISTS AND DISTINGUISHED PEOPLE

Interactive exercises and theatre games from Viola Spolin, Keith Johnstone, and others.

Conditions for great collaboration introduced by Keith Sawyer in his book: GROUP FLOW

Collaboration Mindset introduced by in her book: MINDSET by Carol Dweck