

Programs and Services

Expand Your Awareness,
Expand your Range

koppett.

Koppett

Who We Are

We all make performance choices every day. When can learn to make those choices consciously and deliberately, rather than unconsciously and habitually, we vastly expand our ability to connect, influence and lead.

Koppett is an an organizational development company that blends **traditional organizational development** tools and principles with **improvisation and storytelling** techniques to enhance individual and group performance.

Our communication, teamwork, and creativity programs combine multiple areas of expertise into **practical and engaging off-sites and workshops that are highly-customized and responsive to participants' needs.** Koppett facilitators and consultants have unique blended backgrounds in the areas of theater, instructional design, organizational development, and coaching.

Koppett has designed and delivered programs for a diverse roster of organizations, large and small, including PwC, Apple, Meta, Mass General, MVP Healthcare, Early Care and Learning Council, WIC, Association of NYS, RPI, Skidmore, CapCom, Havas Health & You, Chanel, Eli Lilly, AAA, JPMorgan Chase, Merck, NASA, and GE.

Our Team

Facilitators Based Worldwide

Koppett trainers are drawn from our network of improviser-facilitators on 6 continents with core Koppett teams in New York, San Francisco, and London.

Koppett covers all time zones with worldwide representation in the Philippines, Australia, Singapore, Chicago and Portland.

Our facilitators have backgrounds in areas such as:

- Instructional design
- Psychology
- Theater
- Improv
- Co-Active Coaching
- Applied Improvisation
- Film/television
- Education
- Journalism
- Archeology
- Writing
- Leadership
- Higher Education



Kat Koppett

Founder, CEO



Kat Koppett is the **Eponymous Founder of Koppett**, a consultancy specializing in the use of improv and storytelling techniques to enhance individual and group performance. She holds a B.F.A in Drama from New York University, and an M.A. in Organizational Psychology from Columbia University.

Kat has worked with diverse clients including **Meta, Apple, Prezi, PwC, NASA, Havas Health, Mass General Hospital, the United Nations and the Clinton Global Initiative**. Her book ***Training to Imagine: Practical Improvisational Theatre Techniques to Enhance Creativity, Teamwork, Leadership, and Learning***, is considered a seminal work in the field of Applied Improv and is used by professionals around the world. She has given two TEDx talks on the use of improv to enhance non-theatrical performance.

In 2019, Kat was the winner of the North American Simulation and Gaming Association (NASAGA)'s **Ifill-Raynolds Lifetime Achievement Award**. She is the co-director and a performing member of the **Mopco Improv Theatre** (www.mopco.org), a founding member and the current vice-president of the **Applied Improvisation Network**, and the cohost of the podcast, **Performance Shift: The Art of Successfully Navigating Change**.

Chris Esparza

VP for Leadership & Culture



Chris Esparza, Vice President at Koppett, holds a B.A. in Psychology from Stanford University and an M.A. in Counseling Psychology from the University of California at Santa Barbara. He also completed five years of doctoral-level coursework, training, and interning, which included specialization in DEI, Career Coaching, Supervision, and Facilitation.

Prior to joining Koppett, Chris spent 20 years of his career in higher education, rounding out that chapter as the Director of Diversity, Inclusion, and Leadership Development at the University of Oregon's School of Law. In 2020, he received the University of Oregon's award for **Distinguished University Service and Leadership** and in 2014 he received the UO Division of Student Life's **Excellence Medallion**.

Chris has designed leadership curriculum and delivered programs for more than 25 universities, including **Yale University, University of Southern California, Boston College, Baylor**, and the **Education City** consortium in Doha, Qatar. He has also presented his work at international leadership conferences in Geneva, Montreal, Brussels, and Oxford.

Chris began his own improv journey in 1992 with the **Stanford Improvisors**, receiving the group's **Founders' Award** in 1996. He is currently the Secretary for the **Applied Improvisation Network**. He is originally from Los Angeles, but now resides in New Orleans—a city that itself has emerged and embraced the improvisational spirit.

Livia Walker

Director of Programming and Design



Livia Walker is the Director of Programming and Design, and a senior facilitator at Koppett. She has presented at the Applied Improv Network's World Conference and is co-author of the book ***Listen Up! In collaboration with the Association for Talent Development***, and is the co-host of the applied improvisation podcast *Dare to Be Human*.

She has designed and delivered programs for Russell Sage College, Union College, RPI, Planned Parenthood, SWIFT, Vicarious Visions, NYS Governor's Office, Sunmark Federal Credit Union, SUNY Research Foundation, Meta, and NASA.

Livia is also a theatrical **improv teacher**, formerly the head of the Mopco Improv Theatre's youth program, delivering in-house programming as well as workshops for The Schenectady Jewish Community Center, Craig Elementary School, O'Rourke Middle School, Brighter Choice Charter School for Girls, Martin Luther King Elementary School, Green Tech High School, TSL Kids Crew, and the Girl Scouts of NENY.

She has performed on the main-stage at the Mopco Improv Theatre, Steelstacks Improv Festival, New England Musical Improv Experience, Ocean State Improv Festival, New York Musical Improv Festival, and virtually with *Whose Line is it Anyway?* alum, Colin Mochrie.

What We Do

We use story and improv to build creative leaders with exceptional communication skills.

WE COACH
INDIVIDUALS
AND TEAMS

WE CREATE AND
DELIVER EXPERIENTIAL
WORKSHOPS

WE SPEAK TO
LARGE AUDIENCES

Every team is different. We pride ourselves on individualized needs analysis and flexibility in the moment and within our programs. We adapt to support the needs of the room, individuals, and organizations.

All of our programs cater to each organization and team's learning objectives. Activities, debriefs, and commitments will support the goals determined by you and your team.

The Koppett Experience

What to Expect

Koppett programs are highly customized to align with your culture and meet your goals. Whatever we design, we begin by asking, “What is the performance outcome you are looking to achieve?”

At the heart of our work are two simple intentions:

- We want to expand your awareness of your performance choices, so you are aligned with your intention in any given moment.
- We want to expand your range of options when you are not.

In all our programs we aim to balance risk and safety, engagement and practicality, efficiency and depth.

Our sessions reflect our core design philosophies:

1 | Workshops should accomplish real work.

2 | Development is ongoing, not a one-time experience.

3 | People learn from experience and reflection.

4 | Workshops should be tactical and holistically developmental.

5 | Context is everything!
Customization is key!

6 | Be responsive to the needs of the participants in the moment.

Why improv?

Applying principles to a professional setting

Improviseers create scenes and songs and stories on-the-spot under pressure. Because of this high-stakes, risky endeavor, they have developed principles, exercises and techniques to exercise their creativity and collaboration “muscles”. In other words, improv is the gym for the skills and mindsets such as empathy, awareness, resiliency, flexibility, and creative problem-solving.

The good news is, you are already an improviser. We are all improvising all the time. None of us wakes up to find a script for the day sitting on our bedside table. We must figure out how to respond, connect, and make choices as we go along. As the world moves faster and becomes less predictable, and as our communities and colleagues become more diverse, improv skills become more important to surf this ever-changing landscape. Improv applied in professional settings helps you:

- **Exercise your empathy and awareness** so you recognize opportunities to develop your team and your business
- **Celebrate risk-taking** to expand your ability to innovate, deal with change, and step into new roles
- **Unleash your creative genius** so you can solve problems and design solutions quickly and effectively
- **Build collaborative momentum** by supporting others, building trust and maximizing your influence.

Moreover, Improv is not a metaphor. It is what we are doing everyday. If we can get better at expanding our awareness of how we are behaving and our range of options, we can exponentially increase the likelihood of having our behaviors align with our intention.

Our Clients Include



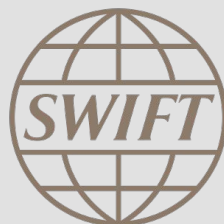
JPMORGAN CHASE & Co.



CLINTON
GLOBAL
INITIATIVE



MASSACHUSETTS
GENERAL HOSPITAL



United
Nations

Popular Programs

Core Programs and
Additional Offerings

Align Your Team

Work Session to Ramp Up, Pivot, or Realign for Results

Savvy leaders recognize that change today is not an event but a constant process. When you assume responsibility for a new team, how do you quickly align the work with the strategy/vision? How do you pivot at high speed when conditions change?

To remain agile you need a simple, reliable process for taking stock of your team's current reality and priorities, conveying a new vision or challenge, and realigning the work to get there. In this practical working session you and your team will:

- **Refocus on the customer and the highest leverage drivers of results**
- **Re-align work priorities & team goals**
- **Simplify and eliminate work based on insight into highest ROI**
- **Build shared understanding and team commitment**
- **Create the “dashboard” you need to manage execution going forward**

**Session involves intact team. Specific content and timeline configured based on pre-conversation with the leader.*

Creative Problem Solving

Exercising and Motivating Creativity

Creativity takes courage, playfulness and trust. Creative people don't try to be creative: they are simply curious, open to moments of inspiration when they hit and are always willing to try a new way.

Creative people are masters of “failing forward,” accepting and learning from outcomes, expected and unexpected. In this session, participants will not only exercise their own individual creativity and risk-taking but explore how to support others in doing so. They will think as leaders about:

- **Creating motivating environments**
- **The benefits of taking risks**
- **Distinguishing creative mistakes and growth from systemic issues and performance gaps**
- **Developing a culture of authentic, open communication and support**
- **How to create trust and foster courage**
- **Design thinking and process improvement techniques to support the above**

Connecting Across the Virtual Divide

Adaptive Leadership Skills to Establish Presence and Trust

The skills and mindsets that make effective leaders remain the same, even as the logistics of how we talk to people, manage projects, and prioritize have changed. We make choices about how we show up in this new frontier, and we want those choices to match the moment and our objectives.

In this interactive session, we will explore how to expand your range of your options to meet the new logistics of our world, and to have the impact you want. Participants will:

- **Learn how to establish presence in virtual space, and adjust it to meet your objectives**
- **Practice the sophisticated listening skills necessary for building connection and trust**
- **Get comfortable managing focus in virtual space with practical tips**
- **Give you a break from Zoom fatigue, and offer tips on how to counter it in the future**

Improv is the Gym

Exercising your Leadership, Communication, Creativity, and Collaboration

Organizations are preaching the value of high emotional intelligence, creativity, and communication skills. What used to be seen as “touchy-feely” or “soft”, are now recognized as indispensable. But creativity, empathy, flexibility, awareness, risk-taking and courage are not bodies of knowledge. They are skills that must be practiced, muscles that must be exercised.

Cutting edge companies of all kinds are turning to the world of improvisational theatre for their training and development needs in these areas. Improv is the gym. Improvisers make up scenes, songs, whole plays, on-the-spot, in front of paying audiences demanding to be entertained. They are masters of instant collaborative creativity, and they have developed a unique set of activities and principles to enable anyone to grow those abilities. In this activity-based program, we will explore how to apply improv to organizational development to:

- **Exercise empathy and awareness**
- **Celebrate risk-taking to expand people’s ability to innovate, deal with change, and step into new roles**
- **Unleash creative genius so your people can solve problems and design solutions quickly and effectively**
- **Build collaborative momentum by supporting others, building trust and maximizing your influence**

Storytelling for Influence

Inspire, Problem-Solve, and Deepen Connection

The ability to influence others when stakes are high can have huge impact on a career, a team, an organization. Storytelling, the ancient communication method, taps into the fundamental way our brain makes meaning and helps us understand new concepts, engage deeply, ignite our passion, and connect with others to have greater impact. In this active, practical session, you will unpack the building blocks of great storytelling to make this innate, unconscious meaning-making process conscious.

Participants will leave with a fully crafted story of their own, and a storytelling toolkit to apply in business contexts and beyond to communicate with clarity and purpose and engage audiences both formal and informal.

Participants will:

- **Understand the power of story as a meaning-making and influencing tool**
- **Acquire tools for identifying your message and the needs, values and preferences of your audience.**
- **Use key structures to create well-organized narratives that drive toward your key message**
- **Distinguish between action and description in order to craft compelling and memorable stories customized for the moment and the audience**
- **Learn the Secret Sauces of Story**
- **Recognize your individual storytelling strengths and habits**

Perform with Presence

A Presentation Skills Intensive

Whether you're an experienced presenter wanting to fine-tune your skills, a beginning presenter with a bad case of nerves, or fall somewhere in between, Koppett's presentation skills intensive will strengthen your impact as a presenter.

Participants will learn and practice skills and tools for delivering polished, compelling presentations. Through a series of highly-interactive activities and individual coaching, participants will:

- **Strengthen their physical presence and range with practical tips and tricks**
- **Learn three core presentation structures that aid retention and clarity**
- **Identifying key messages and objectives**
- **Practice understanding and connecting with the audience**
- **Receive individual coaching and feedback**
- **Harness the power of storytelling**

Listening 3.0

Working this Super-Skill for Increased Connection and Relationship Building

We all know that listening is important for our success in relationships, but what does it really mean to listen well? How can we expand our awareness so we listen for nuance and capture not just information but needs, values, and emotions? How can we exercise our listening “muscle” so that we notice more, understand more deeply, and engage with more curiosity? In this interactive session, we will:

- **Test our listening skills**
- **Distinguish "listening as a partner" from "listening as a competitor"**
- **Expand our tolerance for silence and exploration**
- **Practice multi-dimensional listening**
- **Explore listening as a relationship- building and problem-solving tool**

Leading with Power

Using Status, Authority and Influence for Good

Suspect you might be caught in a power struggle? Do you want to have influence at a higher level? Would you like to be able to shift the group climate to be more collaborative and productive? A conscious awareness of the dynamics of status and power can help you inspire trust, have your ideas heard and taken seriously, minimize unhealthy conflict, and create environments where people feel engaged and respected. In this module, we will:

- **Learn the non-verbal vocabulary of status, authority and power**
- **Expand awareness of your habitual status behaviors and where they help and hurt your cause**
- **Understand what positive status moves look like**
- **Practice applying status fluency to communicate with confidence and in difficult situations**

Growing Performance Through Coaching

Coaching Skills for Managers and Peers

Providing opportunities for individuals to discover and realize their own goals is a powerful gift. This introduction to coaching highlights the critical skills and mindsets needed to support others in identifying their objectives, strengths, and options. This workshop:

- **Highlights what coaching is and distinguishes it from other leadership and management support**
- **Builds trust and listening muscles Identifies "powerful questions" for building awareness, expanding options, and achieving goals**
- **Introduces a simple framework for guiding coaching conversations**

Painless and Productive Role-Play

Creating and Facilitating High-Impact Scenarios

Role-play is an especially useful development tool. It gives participants a chance to try new strategies and tactics, strengthen their communication skills, prepare for difficult conversations, and so much more, all with no actual client or real-world impact.

While role playing is frequently used in training initiatives, it is also often cited as the most dreaded activity. It is considered artificial at best; humiliating and irrelevant at worst. There are simple techniques to learn to make role-play painless and productive. Through this 4 module program, participants will:

- **Learn about the different types of role-play scenarios**
- **Create their own role-play scenarios**
- **Practice facilitating role-plays**
- **Learn how to debrief and process role-plays in alignment with their key objectives**
- **Practice playing the sparring partner effectively in different scenarios**

Making Meetings Work

Practical, Playful, and Meaningful Strategies

Meetings are a necessary and ubiquitous part of organizational life. However, many meetings miss the mark, leaving attendees alienated, unclear about decisions made and next steps, and feeling their time and energy were wasted. In this session, we explore how to make meetings more focused, productive, and engaging. Participants will learn:

- **When to have meetings (and when not to)**
- **Who to invite (and who not to)**
- **How to make meetings more enjoyable and inclusive (while remaining practical)**
- **How to maintain focus without rigidity**
- **How to identify and design your process for the three types of meeting**
- **What questions to ask before, during, and after a meeting**
- **How to follow up for maximal impact**

Mastering the Feedback Process

Giving and Receiving Valuable Feedback

Have you been putting off giving valuable feedback to someone because you don't know how to word it, or are afraid of what their reaction will be? Have you asked colleagues or managers for ways you can improve your performance only to receive answers like “you're doing great,” or “keep doing what you're doing”? Have you ever given feedback only to have it be violently rejected?

The ability to give and receive constructive positive and negative feedback is an invaluable process for continuous growth and learning. This session offers an opportunity to explore and practice this vital skill for learning and growth. In this fun, interactive session, participants will:

- **Learn what makes feedback most effective and impactful**
- **Gain a deeper understanding of what happens when we receive feedback**
- **Practice giving feedback**
- **Practice asking for feedback**

Manager Bootcamp

Leading with Impact

Good front-line management is the lynch pin of excellent organizations. As a 2015 Gallup poll made exceedingly clear, “People don’t leave companies, they leave managers.” Retaining, developing, motivating and directing talent all depend on the skills and mindsets of managers.

Many managers never get the training they need. Often managers are simply plucked from the ranks of the highest individual performers. Especially in high-pressure, high-stakes environments, finding the time to focus on growing management skills can be tough. In this 6-module program, participants will learn to:

- **Recognize the value and impact of managing others**
- **Identify the key practices and mindsets of great managers**
- **Enhance the core management skills of managers at all levels**
- **Provide a structured development approach that sustains learning and systematically increases performance for managers and reports**
- **Differentiate manager development as a “game changer” for the business**

Building Cultures of Inclusion

Creating and Supporting Inclusive Cultures

It's not just morally imperative that leaders and workspaces create and maintain inclusive environments- the best practices that make this possible deeply impact the success of a team.

The ability to connect effectively across multiple dimensions of diversity is a foundational competency for leaders and teams. It requires a set of skills and mindsets that allow people to build trust, exercise curiosity, open their minds to other points of view, and show up flexibly and creatively.

In this highly-interactive, experiential program, participants will exercise their skills and awareness in a wide variety of situations as we explore:

- **Individual dimensions of diversity and their impact on us as leaders**
- **Identifying where individuals land in the spectrum of inclusion in a given context**
- **Listening to understand and connect**
- **Understanding of themselves, their assumptions, and values**

Building a Resilient Workforce

Manage Stress and Bounce Back with Improv

There is no such thing as stasis in today's workplace. As soon as one initiative is launched, the next is on the horizon. Landscapes are constantly shifting, colleagues cycle through at increasing rates, and constant innovation is assumed, and it seems that workloads are constantly increasing. How can anyone possibly survive intact?

In this interactive, practical and comforting interactive session you will learn how to build the resilience necessary to help yourselves and others thrive in our fast-paced, volatile, and high-stress environments. Through the lenses of applied improvisation, you will experience the benefits of philosophies and exercises that teach us how to:

- **Expand your personal resilience for your own well-being and those around you**
- **Create supportive and motivating environments**
- **Accept and build with what exists, rather than fighting or resisting reality**
- **Engage optimistically with yourself and others**
- **Learn a variety of tools and exercises for use back on the job**

Facilitation Excellence

A full suite of leadership programs
co-developed with Proteus Inc.

Facilitation Excellence

Modular Framework for Leaders of Excellence

Excellent facilitators make deliberate behavioral choices that foster trust, connection, growth, and goal achievement.

We call these choices “contributions,” and they fall into three categories: mindset, content, and process. When all the contributions are employed skillfully, people may not consciously recognize why, but they feel more productive, trusting, and valued.

Our Facilitation Excellence programming elevates leader’s impact by strengthening the multipurpose skills essential for master facilitation.



Facilitation Excellence

Framework Overview

MINDSET

We carry our own set of values, preferences, habits, triggers, biases, and insecurities. The abilities to act in alignment with our own values and manage our own negative internal voices (or self-talk), allows facilitative leaders to show up at their best, set a productive environment, and serve the needs of the group.

CONTENT

Subject Matter and *Context* are the two buckets of information that fuel successful conversations. They are important, of course, and tend to be what people focus on most before a big meeting or presentation. Content competence gives one permission to play. But remember, by themselves, these two contributions only make up 1/6th of the conversation framework.

PROCESS

The rest of the framework addresses conversation process, and as that implies, we believe that most conversations succeed or fail based on the quality of their process. For example, a person's credibility will be determined as much by how they physically *Establish Presence* with their body, voice, and words, as by what they say. Great facilitative leaders *Listen with Empathy* before (and more than) they speak; they *Balance Risk and Safety* by calibrating how much and when to challenge others and when to focus on providing safety and comfort. Contributions are often felt in their absence- meetings often suffer from a lack of *Keeping and Track or Adapting for Impact*

Services

Coaching, Keynotes, and More

Visioning and Meeting Facilitation

Customized Meeting and Off-Site Facilitation

From identifying goals to co-creating a dynamic flow and hosting the event, we will maximize your event's productivity creativity and impact.

Customized Strategy Sessions

When the stakes are high and the path murky, we will help you discover your vision, strategies, goals and tactics.

Open Space Technology

For organizations that are ready to walk the talk, **Open Space** supports intrinsic motivation, the sharing of transformative ideas, and leadership from all levels.

Customized Team Building Events

Personalized Team Building Workshops

Every team is different. We pride ourselves on individualized needs analysis and flexibility in the moment (during the workshop) and within our popular programs. We adapt to support the needs of the room, individuals, and organizations.

Individualized Program Design for Your Learning Objectives

All of our programs cater to each organization and team's learning objectives. Activities, debriefs, and commitments will support the goals determined by you and your team.

Team Alignment for Intact Teams

We design custom programs to address your strategy/vision. We guide your team in practical work sessions to refocus on the customer and the highest leverage drivers of results, re-align work priorities & team goals, and build shared understanding and team commitment.

Coaching Individuals and Teams

Supporting Entrepreneurs, Creatives, New Leaders, Teams, and More

Executive and Leadership Communication Coaching

Communication skill development is like going to the gym. A one-off won't do it. Our individual coaching tailors goals and development strategies to the individual's needs and helps them grow over time.

Speaker Training and Coaching

Formal high-stakes presentations require a different level of individual awareness and preparation strategies. We can help develop general speaking skills and act as a coach and director to rehearse for those most important shows. (Available as small-group training or individual coaching)

Instructional Design

Enlivening Existing Training to Maximize Engagement and Impact

Design Creation

We specialize in building practical experiential workshop that are customized to the needs and styles of your culture and participants. Nothing is straight "out of the box" at Koppett. Everything involves real-world application discussion and practice. Anything can be flexed to meet your parameters and preferences.

Design Doctoring

We take dull, boring training and transform it into an exciting, efficient and original experience that maximizes skill-building, highlights and supports your most important learning points and grounds real-world application.

Role Play Coaches

You tell us your challenging people and scenarios, and we bring them to life on-the-spot

These highly skilled and unique room coaches offer not only performance coaching, but skilled facilitation techniques and extensive role play experience. Our role play coaches can give performance feedback to participants, as well as play the part of individuals in any number of scenarios. They can switch between facilitator, performance coach, and role player as needed during the session. Sessions with these coaches allow participants to:

- **Practice real life scenarios**
- **Receive personalized feedback and coaching**
- **Experiment, practice and expand your performance range in a safe, low-stakes environment**

Train the Trainer

Our Approach

- Design and Customize

- Whether building on an existing program (yours or ours) or starting from scratch, we solidify the design to best meet your specs and needs.
- Materials are developed/honed and approved
- A facilitator's guide is created

- Program Pilot/Demo

- Koppett delivers the program
- Your trainers attend as participants or observers. (Some clients request two Koppett deliveries to allow their staff to both participate and observe. Usually this is not necessary)
- Your trainers debrief with Koppett after the session

- Program Pilot/Demo

- According to your wishes, train-the-trainer work can be delivered as any combination of:
 - In-person T3 program (usually double the length of the given course, subject to healthy and safety regulations)
 - Virtual group or individual coaching and practice
 - Observation of your trainer delivery followed by feedback and coaching

Story Circles

Using personal storytelling to unleash wisdom and creatively solve problems

In today's online world tips and advice are easy to come by, but sometimes information isn't what we need. Koppett's story circles are a facilitated conversation designed to surface the wisdom that lies within each of us.

Focused on a specific topic, the discussion moves from hearing each participant's personal story to the insights we can apply to the challenges we're facing today. In one of these sessions, participants will:

- **Tap into the learning from their individual experiences**
- **Identify and apply themes and lessons that organically emerge**
- **Increase connection as a team**
- **Develop a practical strategy and tactics to address identified problems**



Virtual Team Happy Hour

Connection and Play with Meaningful Takeaways (...and mostly just play)

Some of us may enjoy this at-home solo time. Others may be feeling isolated and stressed. Regardless, there is no question that it has been harder for us to stay connected as a team. So, let's come together for a Virtual Team Happy Hour!

Our main goal is simply to touch base and have some fun. As an extra bonus, we can exercise our creative-thinking, empathy and collaboration muscles (but really, it is mostly about spending time and supporting each other). We will:

- Feel connected, relaxed, and comforted**
- Feel engaged and motivated**
- Have exercised our empathy, storytelling, collaboration, and creative problem-solving skills**

Interactive Keynotes

Talks that Engage and Inspire

These engaging and interactive 60-minute talks utilize experiential learning to create a unique and impactful experience for attendees unlike any other keynote. Popular topics include:

- **The Leadership Performance: Expanding your Professional Range and Impact**
- **Improv for Leaders: Performing with Agility and Courage**
- **Say What?! The Art of Listening in a Technological World**
- **Leading with Power: Using Status and Influence for Good**
- **Dare to Be Human: An Exploration of Storytelling and What Makes Us, Us**
- **The Power of Story: Using Story to Influence, Inspire, and Deepen Connection**

Other Resources

Books, Articles, and More

Our Podcasts

Exploring Life Through Improv



In our uncertain, unscripted world how do we Dare to be Human? How can we become more aware of how we show up in our lives moment to moment? How can we expand our range of options? Hosts Kat and Livia will explore human identity, performance, and connection in each episode through the lenses of applied improv, storytelling, psychology, and more!

[Listen here!](#)



Join John Register, Paralympic Silver Medalist and combat veteran and Kat Koppett, organizational psychologist, improviser and theater owner as they share their experiences, insights and tools for navigating change. If you've ever wondered what it takes to achieve remarkable success to overcome obstacles and transform your performance in the face of BIG CHANGE, then you are in the right place.

[Listen here!](#)

Books

Training to Imagine

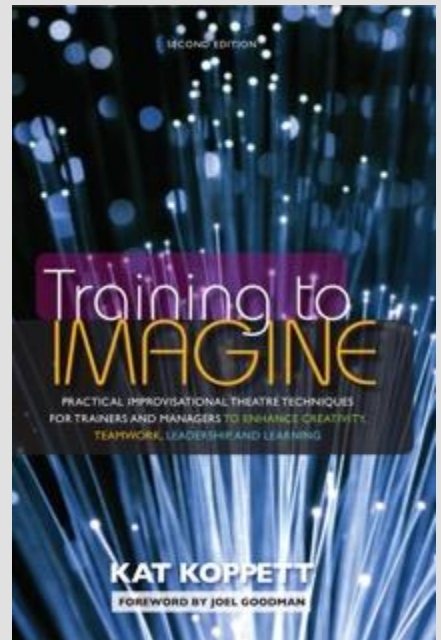
Practical Improvisational Theatre Techniques for Trainers and Managers to Enhance Creativity, Teamwork, Leadership, and Learning

by Kat Koppett

“Today’s business leaders, from Fortune 500 companies on down, have discovered the value of improvisational theatre techniques to develop creativity and collaboration skills they need.

Since publication of its seminal first edition, the principles and techniques pioneered in Training to Imagine have been widely adopted by organizations around the world, and have given rise to the field of Applied Improvisation

...As before, this book translates the theories and exercises of improv into language that is familiar to business culture, and provides guidelines, case studies, and exercises intended for use by individuals for self-development, for small groups, and for facilitation by corporate trainers.”



Books

Listen Up!

In Association with The Association for Talent Development (ATD), Part of the *TD at Work* Series

by Michael Burns, Livia Armstrong, and Kat Koppett

“To build successful and productive relationships in the workplace, you need to be a good listener. This issue of TD at Work can help you learn to listen in a way that supports your colleagues and clients.

In “Listen Up!,” Michael Burns, Livia Armstrong, and Kat Koppett explain how improv skills rely on listening and explore how those skills can also apply in the workplace. See how listening like an improviser can make you more effective at your job. This issue includes:

Tips for better listening

- *Case studies of successful and unsuccessful listening*
- *Activities to practice listening skills*
- *A conscious listening primer*
- *An exercise in listening to rants”*



In the Media

Articles and More

- Albany Business Review
 - [Kat Koppett wants to help you improvise better in the office: Her lessons on collaboration aren't just for the stage](#)
- Times Union
 - [Women of Excellence: Kat Koppett, MopCo](#)
 - ["Yes, and..." and other improv skills to help at work](#)
- strategy+business
 - [Using improv to transform how you lead](#)
- AHA! A House for Arts
 - [Koppett Feature](#)
- Thaler Pekar interview
 - [Improv guru Kat Koppett on co-creation; authenticity and habit; and barriers to listening.](#)
- Partner Up! with Amy Carroll interview
 - [How improv & storytelling drive results](#)

Stay in touch

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