

8 Ways To Improvise As A Coach



Paul Z Jackson

In this session...

- It's an improvisational life
- Develop the skills
- Applying the LIFE PASS

WORLD
Political Map





When I hear the word
'Improvisation' ...

Context

Theatre

Jazz

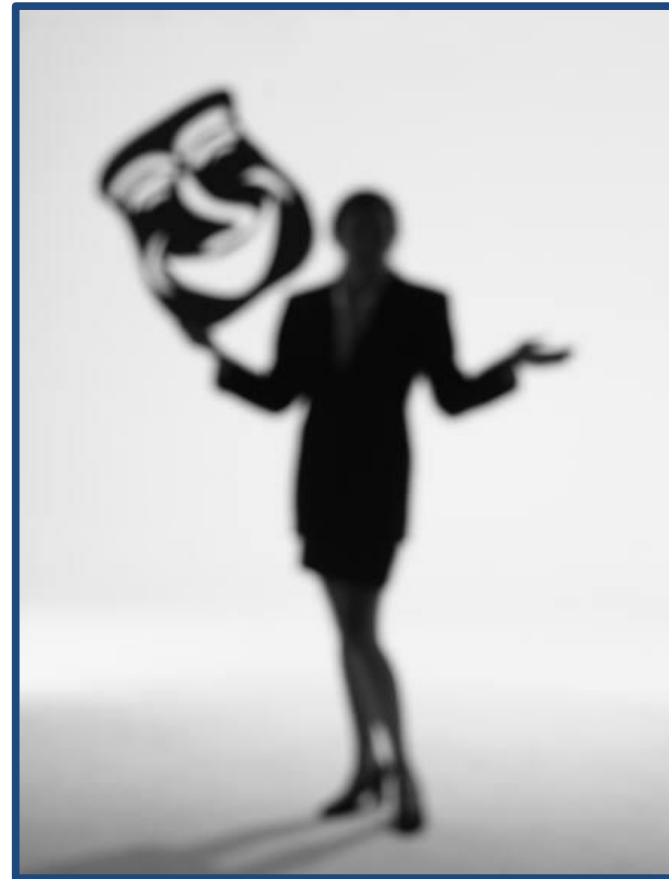
Dance

Sport

Fighting

Cooking

Comedy



Emotions

Fear

Excitement

Fun

Laughter

Run Away



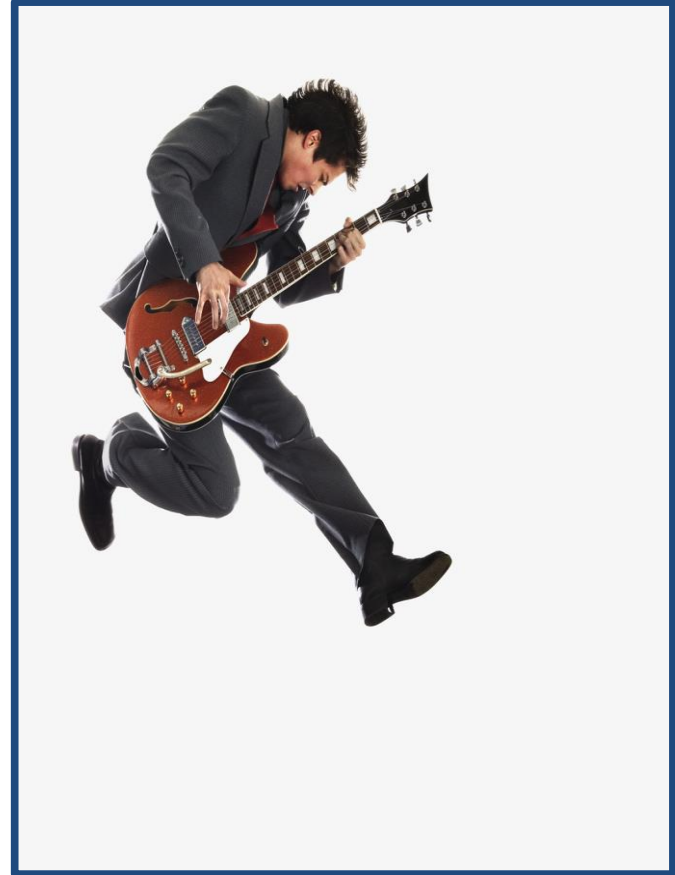
Characteristics

In the moment

Unscripted

Unplanned

Novelty



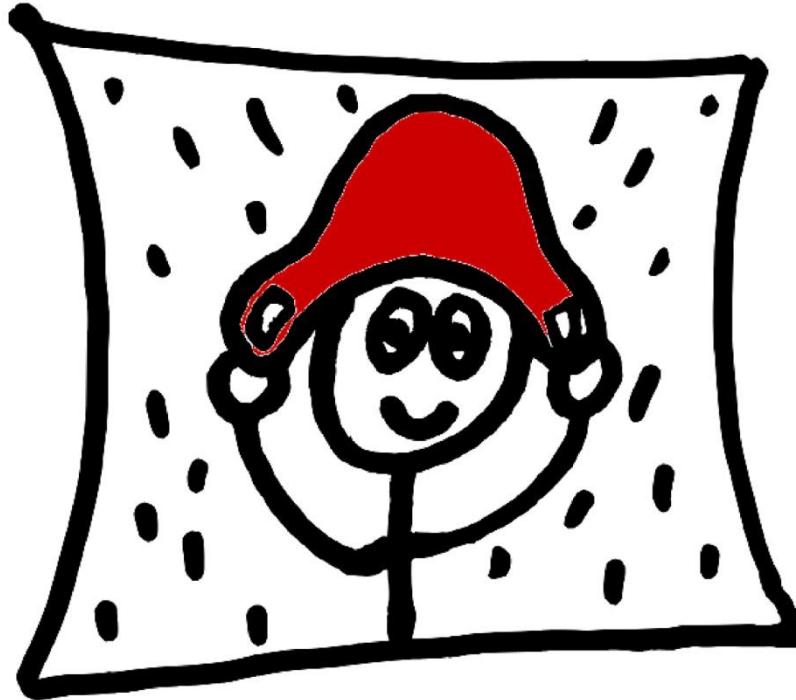
This is our organisation...

What's this then!??



EASY

YOUR LIFE PASS TO
CREATIVITY AND CONFIDENCE



'The most important skills in life - resilience, courage, and confidence - are directly related to improvisation and all of them are found in Easy.'

Dr Robert Biswas-Diener, author of *The Upside of Your Dark Side*

PAUL Z JACKSON

LIFEPASS



LET GO

INHABIT THE MOMENT

FREEDOM WITHIN STRUCTURE

EMBRACE UNCERTAINTY

PLAY TO PLAY

ACCEPT AND BUILD

SHORT TURN TAKING

SPOT SUCCESSES

A mirror to coaching

- What are the parallels here?





... AND

The new coaching conversation

Answer

Question

Answer

Not knowing – responding

LET GO



HAVE A GO

FLEX THE PLAN

JOIN THE ANTI-PERFECTIONIST LEAGUE

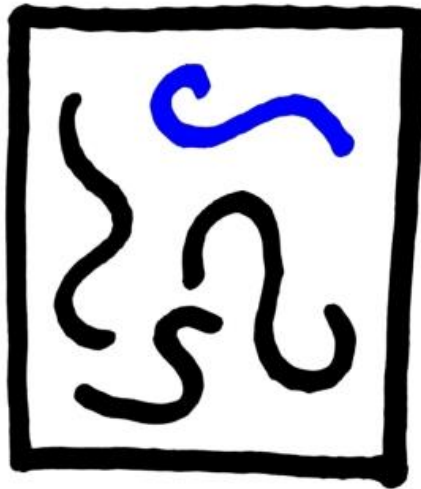
INHABIT THE MOMENT



HERE AND NOW

FOCUS YOUR ATTENTION -
DIRECT AND PERIPHERAL

FREEDOM WITHIN STRUCTURE



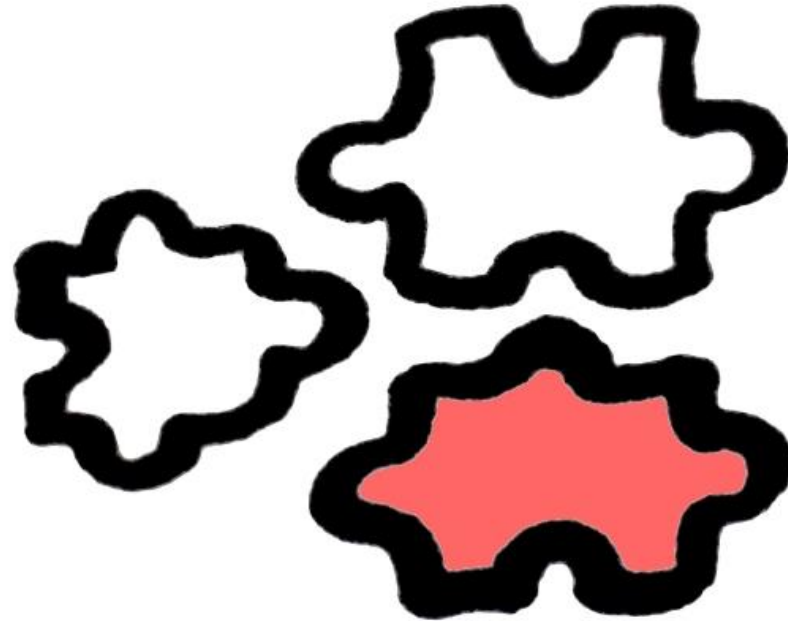
IDENTIFY THE STRUCTURE
FIND THE FREEDOM

EMBRACE UNCERTAINTY



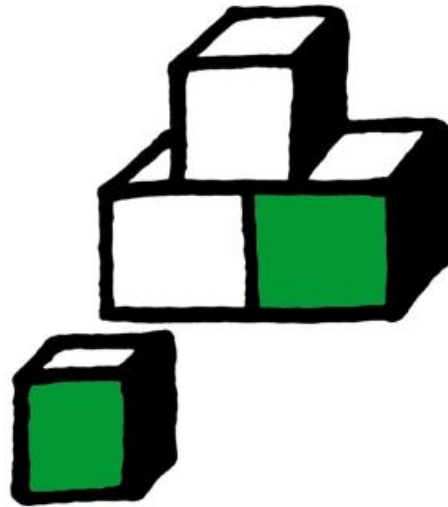
SEEK EMERGENCE
MAINTAIN SAFETY
TRADE CONTROL FOR INFLUENCE

PLAY TO PLAY



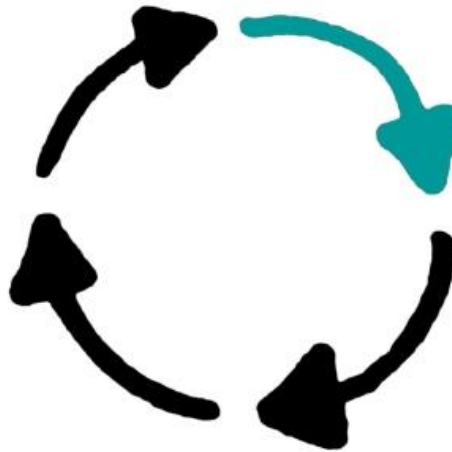
PLAY TO PLAY, WIN OR LEARN
VARY YOUR STATUS

ACCEPT AND BUILD



NO, YES ...BUT
YES ...AND

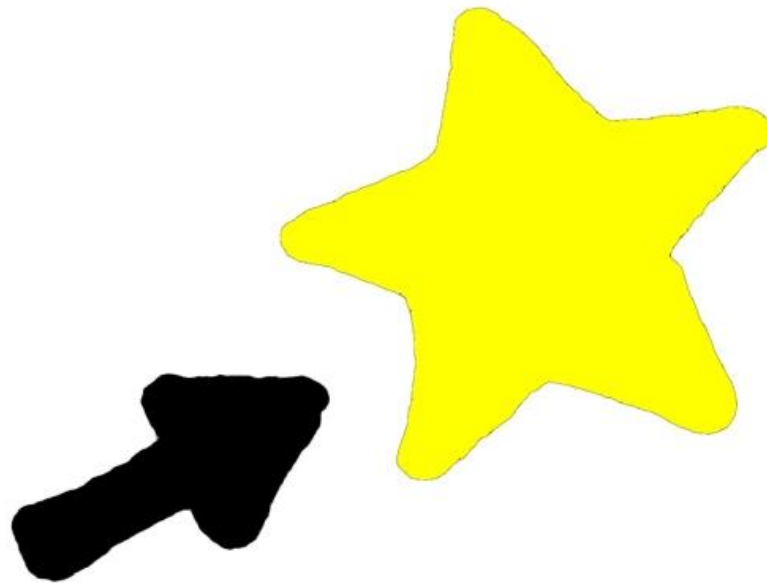
SHORT TURN TAKING



CO-CREATE BY LEADING
AND FOLLOWING

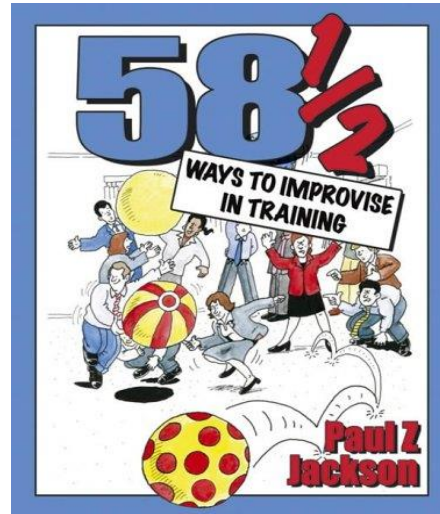
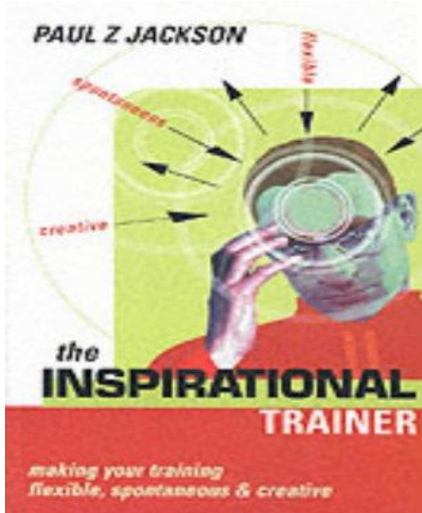
FLOW WITH JAZZY JAMS
AND SOLOS

SPOT SUCCESES

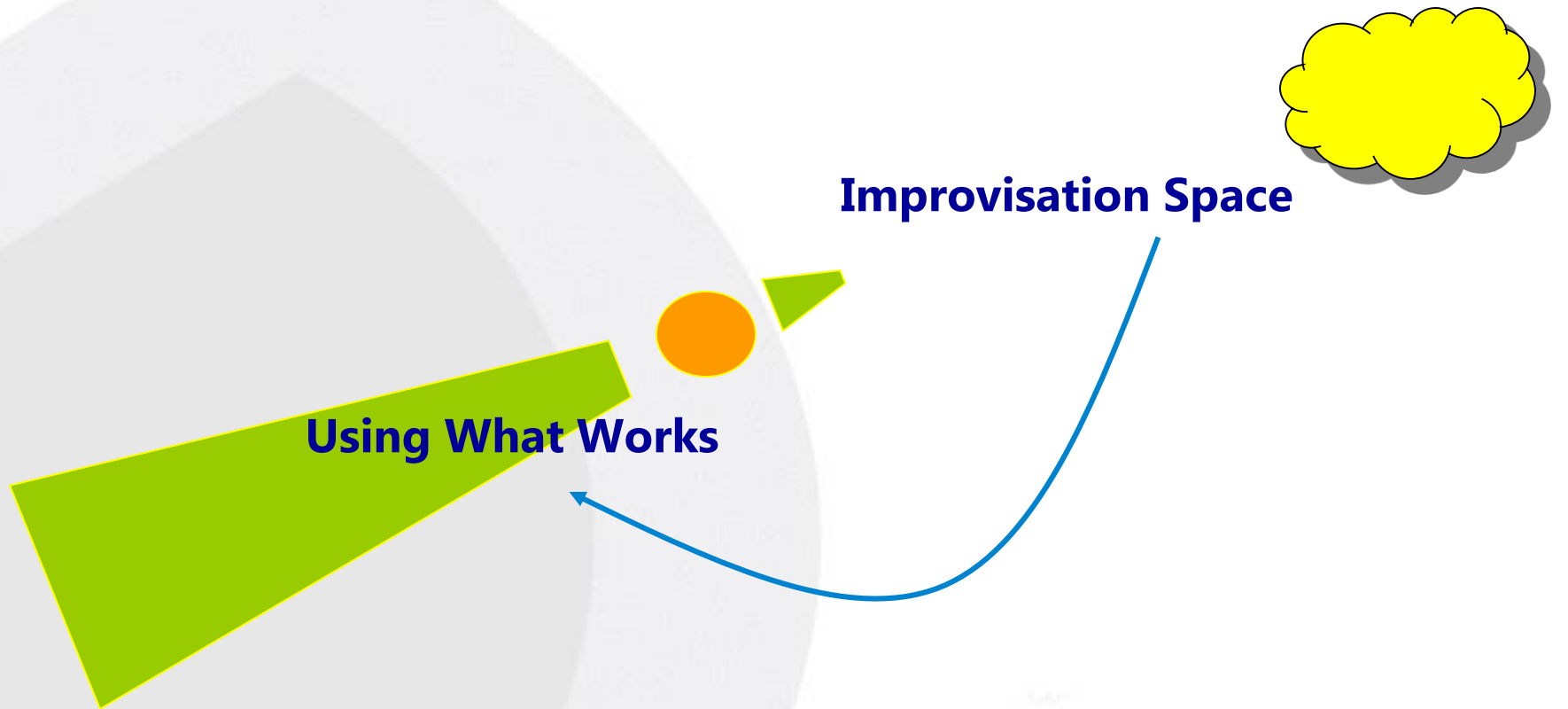


USE WHAT'S THERE
MAKE YOUR PARTNER LOOK GOOD

Impro reading



Solutions Conversations





Paul Z Jackson

Book – Easy: Your LIFE PASS to creativity
and confidence

www.improvisationacademy.co.uk