



Figure 1. Improvisation participants Orlando Rios and Sammy Matsaw finding a solution to a problem together from the perspective of two imagined characters.

A new workshop to boost confidence with communication

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Are you confident with your communication and networking skills? Do you think rapidly and creatively to ensure clear dialogue with colleagues? How do you feel when presenting your scientific/education research to small and large audiences? Regardless of your answers, Juliana D’Andrilli and Kaleb Heinrich invite you to join them at this year’s annual SFS meeting in Salt Lake City for a workshop titled, “Enhancing confidence and effective communication skills through improvisation” that provides opportunities for professional development in communication and scientific networking through practiced improvisation exercises.

Quick and creative thinking are essential targets for effective communication and professional growth working in small and large group settings. Successful scientists at all career stages continue to practice effective communication to achieve success in the classroom, laboratory, during field work, interacting with collaborators, and networking at conferences. However, avenues of confident communication practice can be limited, therefore improvisation workshops provide exciting opportunities that foster immediate practice and progressive communication education. This new SFS workshop will focus on the effective use of improvisation techniques to advance communication and confidence in the scientific community.

Improvising is defined as the art of making, composing, or performing with little or no preparation. In this workshop, our goal is to use the rapid and creative thinking skills of improvisation to boost confidence with communication in professional settings. Attendees will interact with all participants in a series of imagination exercises and progressive skill learning. Simple vocal and physical “playing a role” exercises will be completed that focus on individual thinking, listening, and speaking, creative

expression, one-on-one conversations, body awareness, and group communication. Attendees will also participate as audience members to nurture individual and group reflection. This workshop encourages silly behavior, bundles of energy, and trying out new challenges, three components essential to support individual growth. Conference attendees at any career stage are invited to register for this workshop. No prior improvisation, public speaking, or theatrical experience is necessary, just the willingness to participate and be open to learning new techniques. Upon completion, participants will feel confident networking and socializing no matter what the communicative situation.

The workshop is scheduled for Sunday, May 19th, 2019, from 8am-12pm and costs are \$25.00 for SFS members and \$15.00 for SFS student members. Plan to wear comfortable clothes that allow for easy movement.